

The Practice of Agni Yoga

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Abstract

This e-book offers a detailed overview of the practical aspects of Agni Yoga based on the *Facets of Agni Yoga* book series. The practice begins with mastering the stance a Silent Witness, followed by work on the physical body, emotions, and mind to master psychic energy. This work is done mostly in the mind with a minimum of simple physical exercises. A distinctive feature of Agni Yoga is the extensive use of psychotechnical techniques.

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1. Introduction

What is Agni Yoga?

Yoga, as a system of mental and physical exercises, emerged in ancient India about 2,500 years ago and was first codified in the *Yoga Sutras* of Patanjali. It has been known in the West since the 1850s, but has become widespread since the 1890s, when Swami Vivekananda visited the United States and Europe and promoted Indian religion and philosophy for four years. Vivekananda discerned four traditional types of yoga: Karma Yoga (yoga of selfless labor), Bhakti Yoga (yoga of love), Raja Yoga (yoga of mental exercises, sometimes including physical Hatha Yoga as a preliminary stage), and Jnana Yoga (yoga of knowledge). In the wake of the growing interest in yoga in the West, yoga teachers began to introduce new types of yoga, of which the most popular is Kundalini Yoga that relies on the awakening of kundalini (psychic energy) in the lower part of the spine and its conduction up the spinal column to the crown of the head, which presumably leads to spiritual enlightenment.

One of these innovations was Agni Yoga which was introduced by Helena Roerich (1879-1955) in the 1920s. A good overview of Agni Yoga can be found on Wikipedia at https://en.wikipedia.org/wiki/Agni_Yoga. According to Wikipedia, Agni Yoga, or Living Ethics, is a syncretic religious and philosophical doctrine that unites the Western occult and theosophical tradition and the esotericism of the East. This description, however, does not say anything about the essence of Agni Yoga. At its core, Agni Yoga is a yoga of a broadly understood energy called agni (fire). This includes human psychic energy and various energies of nature and cosmos. Another characteristic feature of Agni Yoga is the synthesis of traditional yogas. Agni Yoga includes labor, love and knowledge, but in their energy aspect: selfless labor as a means of generating psychic energy; love as a way of awakening and spreading out heart energies; and knowledge as a force that directly transforms man, nature and cosmos (cf. Francis Bacon's statement: "Knowledge is power" (https://en.wikipedia.org/wiki/Scientia_potentia_est)).

The main primary source of Agni Yoga is the 14 volumes of the *Agni Yoga* series. These and other Agni Yoga materials are freely available in several languages on the Agni Yoga Society website at <https://agniyoga.org/index.php>. The books of Agni Yoga were dictated to Helena Roerich by her Guru, who guided her accelerated mental and spiritual development using methods that are difficult to adequately describe in conversations or in print. There is little practical information in these books, and the one that is, is adapted to Helena Roerich herself and cannot be used by other people who do not have the same or equivalent Guru. In fact, Helena Roerich was the only known disciple of the Guru, who successfully followed the path of Agni Yoga. Even her husband and sons, who actively participated in the Guru's projects and sometimes received direct messages and instructions from the Guru, were not such disciples as Helena Roerich and did not undergo accelerated training. Numerous followers of the Roerichs in Russia and in the West tried to independently practice Agni Yoga from the books published by Helena and her associates, but without much success. Everything ultimately boiled down to reading and discussing the *Agni Yoga* books, traveling to Altai and other Roerichian places, the arrangement of exhibitions of paintings by Nicholas Roerich and his son Svyatoslav, and other cultural events.

However, Helena Roerich's books are not the only primary source of Agni Yoga. According to the web page of the Siberian Roerich Society (<https://sibro.ru/teacher/abramov/>), in the late 1940s, Boris Abramov (1897-

1972), a follower of the Roerichs began to receive and record mental messages from an unknown source. Having sent sample messages to Helena Roerich, he received confirmation that they came from the same source as the messages she was receiving. After the death of Nicholas and Helena Roerichs, Abramov began to receive messages from them too. Messages were received almost daily until Abramov's death in 1972. In the 1990s, Abramov's notes began to be published anonymously under the title *Grani Agni Iogi (Facets of Agni Yoga)*. In total, 22 volumes were published, designated not by consecutive numbers but by the year of receipt of messages from 1950 to 1972: *Facets of Agni Yoga - 1950*, *Facets of Agni Yoga - 1951*, and so forth. Within each volume, messages are numbered sequentially: 1, 2, etc. In this work, when citing or referring to messages, double numbering in bold is used, the first part being the year; for example, **1960-123** means message #123 from the 1960 volume of the *Facets*. All volumes of the *Facets* in the Russian can be found in the public domain in the Oriflamma electronic library at https://www.roerich.com/7_20.htm.

Like the *Agni Yoga* books, the *Facets* contain abundant information of a general nature about the visible and invisible worlds and the world affairs. However, they also include practical details that anyone can in principle use for personal or group work. The *Facets* clearly show where to begin training and how to proceed further. The following chapters are compilations of thematic selections of fragments of the *Facets* (sometimes abbreviated) treating various practical aspects of Agni Yoga. This book is intended for those who are interested in Agni Yoga as a real yoga.

The Preliminary Stages of Agni Yoga

The two main ingredients of the *Facets* are Christianity and Hinduism. The *Facets* are replete with references to the Savior, Christian phraseology, and quotations from the New Testament, but they do not use Christian yoga (hesychasm). On the other hand, the *Facets* liberally borrow from various Indian teachings, primarily Bhagavad Gita, Vedanta and Raja Yoga, as will become clear from the subsequent analysis.

The preliminary stages of Agni Yoga are nonspecific and are essentially identical to the first four stages of Raja Yoga (Yama, Niyama, Asana, and Pranayama) and the first four stages of the Buddha's noble eightfold path:

1. The right mindset conducive to regular and persistent practice.
2. Compliance with a code of ethical conduct.
3. External cleanliness.
4. Some cleansing of the heart and the mind (more thorough cleansing is carried out later).
5. Regular reading of spiritual sources (primarily the *Agni Yoga* books and the *Facets*) and meditation on them.
6. Using any comfortable and stable posture for concentration exercises.
7. Light pranayama (breathing exercises).

Helena Roerich emphasizes in her letters the importance of paying attention to posture during concentration and performing some deep breathing before concentration, but nothing more:

"Exercises in Hatha Yoga should not go beyond a slight and very careful pranayama, which strengthens health, as otherwise they might be dangerous and could lead to mediumism, obsession and insanity."

"People do not want to realize that at the foundation of this readiness, and of all the achievements, there is the following of a great ideal, involving a fiery transmutation of all our feelings, of our whole character. People would rather give up various excesses and thoughtlessly, mechanically perform their pranayama, than surrender even one habit that stands in their way to spiritual achievement. But, as it is said, mechanical ways have no value. The transformation of the inner man cannot be achieved automatically, and this transformation is the chief aim of all the true Teachings. Therefore, one must always bear in mind that all the Great Teachers are concerned with the inner man, whose realm is in the sphere of motives and thoughts. Therefore, not a single high Raja or Agni yogi needs mechanical aids, nor any physical exercises. And their only consideration is the concentration on the chosen Great Ideal, on the unwavering and constant striving to approach it. Such concentration continues unceasingly. Whatever such a yogi or disciple is doing, his thought is always occupied by his Ideal. Everything is performed in the name of this Ideal, and he always feels in his heart the love and the presence of this Image. This is the real concentration indicated by the esoteric philosophy, which deals only with the inner world, the world of Noumena."

(https://agniyoga.org/ay_en/Letters-of-Helena-Roerich-I.php)

The Silent Witness

Agni Yoga is often referred to by the real author of the *Facets* as psychotechnics, because it is performed in the mind and proceeds through concentration of the mind, which should be performed persistently and regularly (or even incessantly, as Helena Roerich noted). In this regard it is similar to the second half of Raja Yoga (Pratyahara, Dharana, Dhyana, and Samadhi).

The first full-fledged stage of Agni Yoga is (1) searching your own inner world in order to find a Silent Witness within, and (2) the subsequent settling down in the position of the Silent Witness, who periodically or better constantly, calmly and detachedly watches the stream of life without identification with it. This practice will ultimately lead to the realization of the true nature of the Witness as the Higher Self, called Atman in Hinduism. This technique is widely used in Hinduism:

"There are three states viz., Jagrat (waking), Svapna (dreaming) and Sushupti (deep sleep or dreamless sleep). Avastha means a state. The Vedantic school of thought attaches very great importance to the examination and study of the three Avasthas or conditions of life called waking, dream and dreamless sleep. It insists that these three states should be investigated thoroughly before one starts the meditation on the Atman which is hidden in all these names and forms, which is the witnessing consciousness of all the three states."

(https://www.sivanandaonline.org/?cmd=displaysection§ion_id=747)

"For hundreds of centuries, mystical Hindu sages and seers have expounded their religion's most important spiritual teachings throughout the enchanted lands of India... Assuredly, one of the religion's most important lessons revolves around the two parts of ourselves and the silent witness within.

While it may be easy to assume that an enigmatic combination of body and mind makes us who we are as individuals, the truth is that we all have an eternally unchanging part of ourselves that is who we are at the core of our beings. As the great Hindu mystics and ancient scriptures have told us, it is only by pulling back the veil of ignorance and ego that we can realize our truest-self as the silent witness within and begin enjoying the life-affirming benefits that come with this understanding.

[Hindu] mystics who peered deep within themselves to discover the impermanent nature of their bodies and minds... discovered an eternally everlasting dimension within their hearts. The now immortalized seers told us that this is the Atman, soul, eternal self or silent witness, and it should be each of our foremost objectives to connect with this part of ourselves with hopes of eventually living permanently from this point of reference.

The process of connecting with your deeper and truer nature assuredly will have to start by cultivating and developing your natural ability to be aware, or mindful, of yourself and the changing nature of your body, thoughts and emotions. It is only by first becoming consciously aware of the impermanent nature of these ego characteristics that you'll be able to disassociate your true self from them."

(<https://www.balancedachievement.com/spirituality/the-silent-witness/>)

"All developed mental men, those who get beyond the average, have in one way or other, or at least at certain times and for certain purposes to separate the two parts of the mind, the active part which is a factory of thoughts and the quiet masterful part which is at once a Witness and a Will, observing them, judging, rejecting, eliminating, accepting, ordering corrections and changes, the Master in the House of Mind, capable of self-empire, samrajya. The yogi goes still farther; he is not only a master there, but even while in mind in a way, he gets out of it as it were, and stands above or quite back from it and free."

(Satprem. *Sri Aurobindo, or the Adventure of Consciousness*. Delhi: The Mother's Institute of Research, 2000, p. 58.)

The Master

After the foundational practice of the Silent Witness has been established, the disciple can proceed with the following stages: working with will, the heart, the mental, the astral, and physical body. However, here the disciple is faced with three problems that need to be resolved: the identity of the Teacher, the nature of the known world, and the attitude to Agni-Yogic psychotechnics. In the process of resolving these problems, he discovers that they are treated differently in the *Agni Yoga* books and in the *Facets*.

The study of Agni Yoga requires making sense of the Teacher, also known as the Master or the Lord, from whom many messages contained in the *Facets* have come (in addition to these messages, the *Facets* include numerous messages of Nicholas and Helena Roerichs and several messages of the Mother of the World; all these messages are not taken into account in this work). Sooner or later, it will have to be done because neither in the *Agni Yoga* books nor in the *Facets* there is any way to circumvent this issue.

Helena Roerich's conception of a Master is straightforward and does not raise any questions. She spoke of the Masters and other members of the Himalayan Brotherhood as highly developed living entities. For her Morya, Maitreya, Sister Oriola, etc. were different entities, each with a specific identity. She recommended that the disciple give some thought to the choice of one or another Master and focus on His or Her outward physical appearance.

On the other hand, the identity of Boris Abramov's Master in the *Facets* remains elusive. The *Facets* sometimes speak of Masters in the plural, but nothing is said about the choice of one or another Teacher. It often seems that there is a single Master who looks after all the disciples. He often appears as Christ, but he can also identify himself as the Silent Witness or even call himself the creator of the Universe: "In the beginning of everything was I, the Father-Builder, who came from the depths of the Ineffable. And there were Two of Us: I and She - Mother. And We brought about Being" (1952-303). What's the matter here? The key to solving this riddle is given by another fragment of the *Facets*:

“1952-85. The work of building is going on and is based on "We". All consciousness is tuned to the key "We". In all forms and types, "I" is replaced by "We". Consciousness lives as part of a collective, part of the whole. Not by itself, but as a part of a collective, not "I", but a part of the Cosmos, an aspect of the whole. Consciousness is like a tree whose roots dwell in the Cosmos. The deeper, the stronger. A detached, independent existence is absurdity, illusion, self-deception. This is especially evident in the intellectual sphere, where a person reaps the fruits of the collective labors of all mankind as a synthesis of what has been achieved by mankind. So the student of any science picks up everything that people have achieved by the present moment. For any science is a synthesis of the collective efforts of all mankind. It is necessary that the "I" see its smallness and consciously replace it with the mighty "We". There is strength in We. Likewise, the Brotherhood, the Community, and the Hierarchy are forms of expression of the collective. Its creative power is great. In its realization lies the understanding of the essence of two worlds - the old and the New ones. You and I are not alone but are the expression of the forces of the army of the Camp of Light. As synthesis is a stage of higher consciousness, so the collective is the highest stage of evolution."

Thus, in those worlds where high beings live, individual consciousness is preserved, but it becomes part or expression of the *collective consciousness*. This allows such an entity to speak on behalf of other members of the collective. For example, Morya can, so to speak, dress up in the guise of Christ for the greater convenience of expressing his thoughts. After all, Morya and Christ are in a sense one and the same entity.

In this respect, Agni Yoga converges with Bhagavad Gita, in which the Guru (Sri Krishna) recommends the disciple (Arjuna) to focus on both the Higher Self (Atman) and the Guru (that is, Krishna himself), without making any special distinction between them:

When the imagination, well ruled, comes to rest in the Soul, unallured by all desires, then he is called a possessor of union.

Let him gradually enter the silence, with firmly held soul-vision, making the mind rest in the soul, allowing no imaginings.

Whithersoever the mind wanders, wavering and unstable, drawing it ever back thence, let him bring it under the sway of the Soul.

For the most excellent joy draws near to that seeker for union, whose mind has found peace, whose forces are at peace, who has become the Eternal, who is free from darkness.

The seeker for union, thus ever joining himself in union, his darkness gone, happily attains the infinite joy of union with the Eternal.

He sees his soul as one with all beings, and all beings as one with his soul ; his soul joined in union, beholding Oneness everywhere.

Who sees Me everywhere, and sees all in Me, him I lose not, nor will he lose Me.

Who, resting in Oneness, loves Me dwelling in all beings, whereso ever he may turn, this follower of union dwells in Me.

(*Bhagavad Gita*, transl. by Charles Johnston (1908), VI:18, 25-31)

In several places Sri Krishna directly identifies himself with the Atman:

I am the Unborn, the Soul [Purusha, another name for Atman] that passes not away. (VI:6)

I am the Self [Atman],... dwelling inwardly in all beings; Verily I am the beginning, and the middle, and the end also of beings. (X:20)

According to B.L. Smirnov, a Russian scholar who has translated Bhagavad Gita into the Russian, Atman is synonymous with the Silent Witness:

Purusha - "citizen", a person in general; an incarnated spirit, a jiva, living in a body, as in the "nine-fold city". Spirit in general, an absolute subject, Atman, watching the manifestation of the world ("field"), and therefore called "the cognizing one" or "the one who cognized the field."

Such deliberate ambiguity and multivalent meaning allow the disciple to choose the interpretation of the Master that is closest to him. However, it should be borne in mind that the choice of a guru in the form of a subtle essence may be problematic. Intensive spiritual and mental practice of any kind leads to the appearance in the inner mental space of non-material figures, pretending to be or become the disciple's teachers. The wrong choice of a teacher is fraught with serious or even catastrophic troubles, about which Helena Roerich often warned in her letters. The standard way of solving this problem is to join some ashram, the head of which the disciple trusts, and follow his or her instructions. An authentic ashram is always associated with a genuine tradition or an invisible lineage (chain of succession) of teachers, which places the disciple in a safe framework and ensures a safe passage of the path. Boris Abramov had confirmation from Helena Roerich of the authenticity of the teachings he was receiving, so he could completely trust his Guru. If there is no such ashram or authority, one should confine oneself to the practice of the Silent Witness, which will ensure reaching the goal without a visible or phantom teacher. The Hindu analogue of the Silent Witness is Atman, therefore Vedanta and Bhagavad Gita recommend as one of the possible ways persistent concentration on the Atman, devotion to Him, and entrusting all deeds to Him. Since the Atman is identical with Brahman, devotion to the Atman automatically means devotion to the supreme Lord.

This position is absolutely consistently pursued by Vedanta. In Vedanta there is an analytical meditation *Neti, neti* (Not that, not that), in which the disciple first delves into the essence of the physical body and establishes that he (or she) is not a physical body. In the same way, he eliminates the sphere of feelings and emotions, the mind, and in general everything that has some form or another or that can be defined or described. Ultimately, what remains is that which has no name or form, is inexpressible and ineffable. This is the true Self - Atman.

Franklin Merrell-Wolff, an American philosopher and mystic, has attained high degrees of enlightenment on the Vedanta path through the study of Vedanta and appropriate meditation, without being guided by any teacher.

The Buddha generally gave little importance to teachers. He believed that the seeker should be critical of authorities of all kinds and find his own path. He considered himself not a guru, but an example of a person who attained enlightenment due to his own efforts.

"THE LORD BUDDHA HAS SAID

that we must not believe in a thing said merely because it is said; nor traditions because they have been handed down from antiquity; nor rumors, as such; nor writings by sages, because sages wrote them: nor fancies that we may suspect to have been inspired in us by a Deva (that is, in presumed spiritual inspiration); nor from inferences drawn from some haphazard assumption we may have made; nor because of what seems an analogical necessity; nor on the mere authority of our teachers or masters. But we are to believe when the writing, doctrine, or saying is corroborated by our own reason and consciousness. "For this," says he in concluding, "I taught you not to believe merely because you have heard, but when you believed of your consciousness, then to act accordingly and abundantly."

(H.P. Blavatsky. *Secret Doctrine*, Vol. III, page 401.)

"The Buddha was dying. For forty years he walked, and thousands followed him. Now he was dying.

He said, "This is my last day. If you have something to ask, ask. The hour has come when everyone has to go their own way." A gloomy darkness enveloped the Buddha's disciples. Ananda, a beloved disciple, wept like a child. Tears rolled from his eyes. He punched himself in the chest, almost distraught. "What are you doing, Ananda?" the Buddha asked. "What do we do now?" - Ananda replied. - "You were here and we walked in your light. Everything was safe and good. We have completely forgotten what darkness is. Everything was light in following you. Now you're leaving. What should we do?" And he began to cry and moan again. "Listen," - the Buddha replied. - "For forty years you walked in my light and could not achieve yours. Do you think that if I lived forty more years, you would reach your light? The longer you walk in a borrowed light, the more you imitate, the more you lose. I'd better leave."

The last words that flew from the lips of the Buddha were: "Be your own light for yourself."
(<https://resheto.net/pritchi/16-budte-sami-svetom-dlya-sebya>)

Another way to solve this problem is to search for a Teacher in the formless (arupa) world. (In Agni Yoga it is called the Fiery World.) The formless world does not deceive and the Teacher found there will be genuine (phantoms live in the world of subtle forms and do not have a formless component). But this method cannot be recommended for wide use, because rare students have the ability to consciously experience something in the formless worlds. The attainment of the formless worlds is in itself a sign of high spiritual achievement.

The world as an illusion and the Temple of God

Another circumstance that may confuse the reader of the *Facets* is the uncompromising view of our ordinary world as an illusion (Maya) and the realm of death. In my opinion, this is a serious drawback of the *Facets*, since they are hardly designed to appeal to monks and hermits fleeing the world. Boris Abramov himself was by no means a man of a monastic cast of mind: a naval officer during the World War I, an officer of the Kolchak army, a clerical and a teacher of the Russian language in exile, return to Russia and active participation in the Roerich movement (https://ru.wikipedia.org/wiki/Абрамов,_Борис_Николаевич).

It should be noted that this position of the author of the *Facets* is not consistently maintained, because He points out that people still bear real responsibility for the transformation of the supposedly illusory Earth "in accordance with the principles of Beauty and Light", and almost no one can avoid this responsibility:

"1967-288. The task of humanity on your planet is not only to rise by itself, but also to transform Earth. The higher the level of culture, the more opportunities for the transformation of the face of Earth ... The task of humanity is to transform both Earth and the Subtle World in accordance with the principles of Beauty and Light. Everyone can begin to fulfill this task individually, making their own contribution of beauty to both dense and invisible building work. Both that world and this one need reorganization and transformation. New Earth and New Heaven are not clerical concepts, but the demand of Evolution. Everything that opposes it, fights against it and does not obey it, will be ultimately swept away by the advancing wave of Evolution. Therefore, We bear witness to the doom of the old world and the victory of the new one. An era of great transformation of both Worlds is coming. Let us bow our heads before the Order of the Cosmic Will."

"1967-505. Only the rarest spirits, having completed their path on Earth and taking from her everything that she can give, leave for other, higher planets. All the rest remain on Earth, connected with all of

humanity and bearing responsibility for everyone. Whether people like it or not, one cannot escape responsibility for everyone and sharing the fate of all mankind as a whole. This connection is very strong, and the dependence of a person on other people is great, and it is impossible to get rid of it. Even if you go into forests, deserts or mountains and do not use anything that is created by the hands of other people, it is still impossible to isolate oneself from the spatial saturation of Earth's aura with human thoughts and emotions. Man is part of the world, part of Earth, and he bears the burden of human beings. Being part of the whole and taking a voluntary or involuntary part in its life, everyone can bring light or darkness into the structure of this whole and lighten or burden the overall karma of the planet. And everyone can ask himself what his contribution to the common cause is, - is it good or bad, small or great. How hard it is sometimes to feel the saturation of space with darkness! This is not a personal burden, but a planetary one. Everyone is responsible for the intentions of all. If we understood this, if we tried to improve and lighten up our contribution, life would be much easier and evolution would flow faster."

In order to restore the balance between the individual goal (liberation from Maya and enlightenment) and the collective goal of humanity (the creation of the New Earth and the New Heaven), I have added a special section on Earth as the temple of God, containing extracts from the wonderful book by Concordia Antarova *Two Lives*.

Psychotechnics

The third potential disciple's problem is associated with the abuse of psychotechnics, which, unfortunately, is recommended in the *Facets* without adequate caveats:

"1952-543. The law of consonance governs the world. This law is in everything, since the kindred opposites of a single thing are combined in consonance. You can also call it the law of correspondences. When creating and implementing a plan for your life, whether large or small, a form of the desired action, quality or condition is created and energy is poured into this form that corresponds to it or is in tune with it. For example, a disciple says to himself: "I assert my power over unconscious reflex movements of the body. Today I replace the so-called nervous movements with a state of rest." This is followed by the creation of a vivid self-image in the heart that implements this property. Then, and this is necessary at the beginning, a check is carried out at certain hours of the day. The plan is on track. You can check yourself every hour. With a firm decision and sufficient vitality of the thought-form of the desired quality, the inertia of the lunar essence of the microcosm is successfully overcome. Even scattered periods of time during the day, marked by the affirmation of the intended quality, are of very great importance, for, being psychograins of future manifestations, they introduce into the microcosm a quality or property corresponding to the crystal of the mental form. Like any work, this psychotechnical process of establishing the necessary qualities requires attention and labor. Nothing is given for free. But every effort brings forth corresponding fruit. There is no harvest without sowing. The sowing field is a microcosm of the striving consciousness. Fiery grains are the energies of thought molded into forms. Shoots are energies attracted from space by the magnetic force of the created crystalline formations of thought. Thus, the images of the sower, the field, the good harvest and the chaff take on scientifically concrete forms of fiery spatial energies controlled by will and consciousness. Man is an inborn ruler and master of nature, he is called to actually control the subtlest, hitherto uncontrollable energies of space and to assert his power over the world around him. The highest fiery energy of thought is at his complete disposal. You just need to know how and where to direct it and to what to apply the lever of the great law. You must be aware of the Cosmic Laws. All life is built on them. And they can and should be applied precisely in life that rests on them only. Knowledge is given for application, as are the laws and the technique for applying them. The application process proceeds on the scientific basis of psychotechnics, this new great science of mankind. The time will come when it will be taught in schools, perhaps of the next race. But its foundations, at least in veiled forms, were always given. The entire Gospel is built on the knowledge and

application of the laws of psychotechnics but adapted and expressed in a form that is accessible even to a consciousness that is not sophisticated in the intricacies of the psyche. But now, when the powerful fiery energies are directed towards Earth, the question of assimilating and controlling them is becoming especially acute, for an organism that does not know how to control them can suffer. The question of responsibility for thoughts acquires practically vital significance and passes from the bookshelves of religious teachings or occult-philosophical treatises into life, because nowadays it is impossible to pass life without understanding the spatial cosmic energies that powerfully saturate life. And if it was possible earlier to evade and justify ignorance, there is no way to evade now, when the entire microcosm is permeated and vibrates with fiery power. Where to direct it, how to protect the world and your sphere from loosening and destruction by fiery waves of space - these are the questions that urgently arise and are put forward by life before people. Coming fiery waves are terrible if you do not meet them with a prepared consciousness. You need to be prepared to control the waves of fire. Hence the most urgent task of understanding and mastering at least elementary rules of psychotechnics. Apply them in life and have something to apply still greater knowledge to."

Such warnings were provided by Helena Roerich in her letters to students:

"You ask - how to work on your psyche? There is only one answer - precisely by applying the Teaching in life, and everything will come in due time. First of all, you need a complete purification of consciousness and the expulsion of any sign of irritability. For irritation is terribly dangerous in the process of mental development. High achievements are completely inaccessible to an organism infected with imperil. The Teaching clearly states that it is impossible to acquire psychotechnics without a Teacher, for this technique is associated with dangerous processes. Therefore, we can only patiently prepare our body for this, applying all the instructions in the life of every day. The teacher knows when to begin to develop this innermost power.

Believe me, the Teacher will not miss a minute if he sees that the student is ready to accept the first or subsequent steps corresponding to his spiritual development. There are many degrees of psychism, and the Great Teachers are very saddened by the multiplying manifestations of low psychism, for with ignorance, with dishonesty, with an undeveloped consciousness, they often lead to mediumship and obsession. Therefore, the Teachers are so against all violent exercises and methods leading to accelerated mastery of certain lower forms of psychism. The surest, most natural way is the development of the heart and the purification of consciousness."

(https://agniyoga.org/ay_ru/Letters-of-Helena-Roerich-I.php)

"Is it possible to acquire psychotechnics without a Teacher? Impossible. This technique involves dangerous processes. Will you send your children to a physical office without a leader?"

(https://agniyoga.org/ay_ru/Letters-of-Helena-Roerich-II.php)

Psychotechnics, in particular, involves the creation of vivid thought forms, charged with energy, which the student can direct to himself or to others. In my opinion, simple experiments with sending thought forms to oneself (for example, to treat diseased organs) are quite acceptable. Sending thought forms to others is fraught with trouble and may be better avoided until the student reaches a degree of spiritual development that excludes the use of spiritual means for personal gain.

As regards psychotechnics, the practice of Agni Yoga presented in the *Facets* is very close to New Thought and Christian Science movements:

New Thought holds that *Infinite Intelligence*, or God, is everywhere, spirit is the totality of real things, true human selfhood is divine, divine thought is a force for good, sickness originates in the mind, and "right thinking" has a healing effect.

(https://en.wikipedia.org/wiki/New_Thought)

[A]dherents [of Christian Science] subscribe to a radical form of philosophical idealism, believing that reality is purely spiritual and the material world an illusion. This includes the view that disease is a mental error rather than physical disorder, and that the sick should be treated not by medicine but by a form of prayer that seeks to correct the beliefs responsible for the illusion of ill health.

(https://en.wikipedia.org/wiki/Christian_Science)

The danger of Agni Yoga

The *Facets* warns that doing Agni Yoga may be dangerous:

“1967-191. The danger of Fiery Yoga lies in the fact that doing it causes the growth of fires in the body. If these fires are not mastered, they take possession of man and rush along the line of the least resistance and along the usual channels of manifestation. If the channels are clean and the energies are directed upward, to the higher centers, there is no particular danger, but if to the lower ones, then it is not difficult to imagine the undesirable consequences of this process. You know that all human passions are the result of incorrectly directed fires that the person is no longer able to control. Excesses and all kinds of perversions are caused precisely by the fact that the energies of the microcosm are concentrated on the lower centers. Therefore, cleansing of consciousness from all rubbish and mastery of one's own fires is the condition without which one cannot approach Yoga without endangering oneself. Medicine knows such cases of the fire of the lower centers, which end either in monstrous debauchery or quick death. Either a person owns his fires, or they take possession of him. Even with complete purification of consciousness, the danger of the center igniting is not eliminated. Practical study of Yoga is impossible without a Teacher. And mountain conditions are needed. In the poisonous atmosphere of the cities, the practical study of Yoga is impossible. The danger comes from the other side too. It often happens that man who started doing Yoga suddenly begins to doubt and hesitate, and even withdraws completely. The separation from the Teacher leaves the doors open for the dark dweller, and then the possession is inevitable. It is better not to approach at all than to turn away when approaching.”

This issue needs clarification. The main reason for the danger is that the growth of fires in the body can lead to overstimulation of the three lower psychic centers and uncontrolled awakening of the Kundalini. Such stimulation is usually caused by direct concentration on the centers. The danger of the premature awakening of the Kundalini was repeatedly warned by Helena Roerich in her letters, for example:

“The human organism of our planetary cycle is still far from such [fiery] perceptions, and therefore lengthy preparation is needed, not only for this kind of manifestation but also for lesser fiery ones. The very finest vibrations of the unregulated force of Kundalini may destroy a body which is not trained or tempered for its acceptance.”

Obviously, in the absence of a Guru, such an uncontrolled awakening should be avoided at all costs. To accomplish this, one should shift the focus of work from the centers to psychic energy, using such gentle methods as cleansing the mind and heart, the practice of the Silent Witness, strengthening the will, clarifying thoughts, subjugating the astral body, and cleansing the subconscious mind of rubbish. This is laborious and time-consuming work that may take more than one incarnation. When the disciple is ready for more serious energy

work with the centers, the conditions and a guru necessary for it will not fail to materialize, for it is said: "When the disciple is ready, the Teacher comes."

Concluding remarks

Like other yogas, the practice of Agni Yoga is very difficult. However, it is not necessary to perform it in full if there is no time and strong desire. According to my own experience, even the humble practice of Agni Yoga can bring good results. To do this, one must meet at least three conditions that are absolutely necessary for success:

1. Overcoming selfishness: This is necessary for strengthening the power of the Individuality.
2. Benevolence towards everyone and everything: This is necessary for the unimpeded development of the heart center.
3. Purification of the mind and heart: This is necessary for removing obstacles in the path of psychic energy.

In general, it is recommended, having familiarized yourself with the basics of Agni Yoga, to extract suitable elements from it and draw up an individual training plan for yourself. Here is an elementary example:

1. Regular (for example, daily) reading of the primary sources of Agni Yoga in order to maintain the necessary mindset. Reflecting on them and recording the thoughts that have come to mind in the process.
2. Regular (for example, five times a day for 2-5 minutes) practice of splitting consciousness into two parts: One part remains in the everyday world and ensures the execution of current affairs, while the other one detachedly observes current activities and accompanying feelings and thoughts. In the beginning of the practice, it is best to do it when it will not interfere with current activities, e.g., during eating or resting or when you have to wait for someone or something.
3. If you have a high ideal (for example, Christ), devote a few minutes each day to it in the form of meditation or prayer. It can be Lord's Prayer, Jesus Prayer (https://en.wikipedia.org/wiki/Jesus_Prayer) or reverent concentration on the Atman in the spirit of the Bhagavad Gita.
4. At the end of the day, review deeds, thoughts, and feelings throughout the day, highlight those whose quality is wanting, and then say in a low voice or silently a simple self-suggestion formula to the effect that their quality will be higher next time.
5. Start doing simple daily exercises in concentration, first with open eyes on some physical object (for example, for five minutes, contemplate the flame of a candle, a small colored circle on a piece of paper, or an apple). Then move on to concentration with closed eyes (for example, mentally visualize an apple, gradually increasing the number of details, adding color, aroma, etc.). One of the best books on the subject is Christmas Humphreys' *Concentration and Meditation*.
6. Mastering psychotechnics can be started with some simple and *safe* exercise, for example, self-healing, or the following one, performed once a day for five minutes or in the midst of everyday life. Think of someone you want to encourage or help (for example, help with extinguishing irritation or recovering from an illness). Transfer the thought to your heart, let it be transmuted in the fires of the heart for a few seconds and turn into a little golden or blue cloud, and then vigorously send the cloud to that person and hold the cloud on him or her for 2-3 minutes, *without any attempt to influence that person's free will*.

2. Fire and Agni Yoga

1953-25. The value of the records conveyed lies in the fact that they are practically vital and are based on the experience of consciousness passing the path of discipleship. Therefore, as these or those questions or conditions arise, further information is given. There is no abstract knowledge here. Everything is in life, and everything is for life. The current step gives the records their content. And those who follow later, joyfully and with gratitude will study these milestones and signs of the path passed before them.

The form of presenting the previous findings of the past centuries no longer satisfies the growing consciousness that requires new frameworks for its manifestation, new words and concepts that go not only with the century, but also ahead of the century, and much ahead. It is a scientific approach that is required. The age of the church approach to Truth is being replaced by the age of science and the method of scientific study of the subtlest energies. Any vagueness and uncertainty are also removed from the work of building. A clear clarity is introduced into the world of spiritual phenomena, and they are viewed through the prism of science, but not through the former prism, false and limited. Cosmic energies cannot be approached with the childish thinking of the Middle Ages and the cruelty of the savages of the Black Ages.

In the matter of cognizing higher energies, art has a special role. Art will be considered the highest form of cognition of Truth, and this cognition is direct. And we will bring that Beauty which art teaches into science, for the world it studies is beautiful. And the combination of Beauty and knowledge will furnish humanity with the lost path of life. Where, how and when each person will find this path of life depends on the person, but We will indicate the path to everyone - precisely, clearly and definitely.

Science and art, not tainted by legal crimes of the past, will lead the human spirit to new discoveries. But they too should be on their guard, for science in dark service is even more terrible than religion. The new century will indicate a new approach to things.

1953-529. What is the path of Yoga? The path of Yoga is the path of affirming what is beyond doubt. From the area of the unknown, the phenomena of the infinite world are transferred to the area of knowledge and the refined apparatus of the microcosm functions as the instrument of cognition. The vehicles are disconnected in order for them to act on each plane separately, while being fully conscious. Accumulated fire makes this possible. Fiery Yoga makes the path fiery.

The world can be viewed from many aspects, or from many points of view. The highest of them will be the fiery one. In this view of the world everything that exists is represented by one form or another of fire, whether living or frozen in its long-lasting form. If something is inaccessible to the eye, it does not mean it does not exist. Many phenomena can be detected only with the help of delicate instruments. And human feelings are by no means a reliable support. We can see a large number of things and phenomena with our mind's eye without seeing them physically. And the world of spiritual ideas can be many times brighter than the physical world. The yogic path can be called the comprehension of the invisible reality. Knowledge is comprehended only when, passing through consciousness, it is clothed in concrete images. The goal of consciousness is to transpose unformed energies into explicit forms, thereby creating a world of mental representations.

1953-70. The Teaching of Agni Yoga is the Teaching of the fiery essence of man, the interaction of his fiery pentagram with the fires of space and the rays of the far-off worlds, and the fiery path of ascent and accumulation of invisible, but real fiery treasures - crystals of condensed light of the microcosm.

1960-199. Many prohibitions will be sounded and many voices will call, but the one who knows his path and decided to follow it to the end will not break the immutable rhythm of his steps. If the foundations are firmly laid out in consciousness and are unshakable, one will not be confused by the voices of those passing by or standing on the sides. The existence of two worlds and the presence of man in both, the chain of incarnations, Manvantaras and Pralayas of the Great and small cycles, the immortality of the spirit that is eternal, deceptive Maya, both earthly and supermundane, the chain of the Hierarchy of Light, the path of the immortal spirit to the stars, the victory of Light over darkness, and the Master leading to the Light - these are the foundations on which the yogi builds his inner world and his attitude to the world outside.

1957-488. The royal path of Agni Yoga is the path of mastering the highest element of fire, to which three other elements are subordinate: earth, water, and air. Three bodies: earthly, astral, and mental.

1960-179. Agni Yoga is a path of accelerated kindling of the centers, a fiery path of ascent up the ladder of the power of the spirit.

1955-37. They used to think that insight can be instantaneous and that it is insight that results in transformation. But Agni Yoga points to the centers, their development, kindling fire chakras and setting them in motion. The process of the regeneration of body is long and painful and is accompanied by sharp and excruciating pains. In this agony, the human body gives birth to a body of Light shining with the fires of the ignited centers. The centers awaken with pain, causing physical suffering. You need special conditions, you need peace, you need some isolation from life and people, you need clean mountain air, you need a regimen of cold, diet, and ablutions. A lot of things are needed, and the process is extraordinarily complicated. They think to acquire power and strength of mind by exercising in concentration and via some roundabout ways, forgetting that a long thorny path of suffering, struggle and endless victories over what embraces the small "I" of the personality leads to the peak of the power of spirit.

But the path lies through the Lord, for the Lord is the Way, the Truth, and the Life, and it is impossible to affirm Him in the heart until all three lower sheaths are completely subordinated to the emerging powerful will of spirit. To affirm the light in oneself, one must merge with this Light and become the light itself. The heart must be kindled with the fires of the affirmed Light. It is necessary that the heart be aflame with the fires of the ignited centers. The accumulations must be very large for the process to be fast. But enlightenment does not mean constant opening of the centers. The manifestation of the open centers is the rarest phenomenon in this race. The state of open treasures is the rarest phenomenon on Earth.

1952-635. The mission of the Mother of Agni Yoga [i.e., Helena Roerich] was to give an example of the fiery transformation of the centers as the highest manifestation of Light, accessible to every person, and above all to a woman, whose Epoch she leads.

1954-368. Each epoch puts forward a certain element through which the knowledge given to mankind is perceived. So the Age of Aquarius gives men victory over air and spatial achievements. Fire and air as elements are closely related. This is why the Fiery Age is ruled by Aquarius.

The dependence of humanity on the elements and astrological influences cannot be denied. Soon science will come to the aid of astrology, and astronomy will be studied from the side of the influence of stellar rays on human nervous system and nerve nodes of its centers. Instead of denying, humanity has to study and investigate. Of course, the delusions of humanity are monstrous. However, astrology is not a delusion, but a breakthrough of consciousness into the realm of the Cosmic Truth. The luminaries represent the heavenly Hierarchy and take an active part in the life of the elements under their influence. These elements, being constituent parts of plant and animal organisms, as well as stones, that is inorganic nature, are in their combinations under the influence of the luminaries governing them, thus shaping phenomena directly. The magnet of the aura, due to its belonging to this or that element, connects with the rays of the luminaries and receives energies that impact it. Everything that lives, down to the atom, possesses an aura, so that the influence of the spatial rays encompasses all forms of life.

Even human construction, in which at different times wood, stone, metal, then all of them, taken together, prevail, is due to the influence of the elements that prevail or their combinations. Now the era of synthesis is coming. Therefore, all elements are involved in building work, but fire dominates and subjugates the elements of water, earth, and air.

1963-406. Fire is the Foundation of Being. It is everywhere and in everything. When we talk about the elements and mastering them, it should be borne in mind which one takes priority. The goal of Agni Yoga is to master this element, the element of fire. Fire is everywhere and above all in human beings. Without mastering it in oneself, one cannot master other elements, for fire takes precedence over the elements of earth, water, and air.

All exploits of hermitism, silence, selflessness, heroism are fiery actions and are the result of the accumulation of Agni. Mastering the body is the way to master the fiery element in oneself. The path lies within oneself. Hair shirts, chains, self-flagellation and all other mortifications of flesh were nothing more than clumsy attempts to take possession of the body and subordinate it to will. The yogi does not accept mortification. He performs the struggle for mastering the elements in himself with a single principle of spirit. You don't need to retreat from the world. Life itself gives rich opportunities to assert the strength of spirit over the weakness of flesh and, starting with small degrees of mastery, to reach great ones. The path is open and opportunities are at hand.

1953-131. The elements of earth, water, air, and fire are controlled from top to bottom. Fire rules everything, air rules water and earth, water rules earth. Spatial fire moves masses of air and water, heating them and earth, winds raise waves, winds and water destroy and set in motion the masses of the most inert dense matter - earth. They all interact closely and influence each other. The same interaction and influence take place in the earthly, astral, and mental spheres. In a human being, the prototype of the Macrocosm, the idea of movement arises in the mind, is transmitted through the astral plane, and as a result the man runs or walks. And so in everything. The higher, the more mobile the principle or element is. All are subject to will, only the degrees of submission are different, from barely noticeable, rudimentary to regal.

1952-197. Will, fire - the highest in man - is Light in action, is the very essence of activity, is the basis and principle of all life, creativity, and the work of building.

1953-394. If everything is fire, then we too are fiery beings. Awareness of fire precedes its mastery. The products of psychic energy are fiery creations and cannot be destroyed. Handling fire is dangerous and requires skill, for fire improperly applied burns. The fires tend to pour out into the form given to them by human thought and will. The element of fire, like all other elements, is subordinate to man. You can learn to control unruly powerful fiery energies. The path to fiery power lies through the establishing of balance and tranquility in oneself. The calm state of the flame is such a state of it when it can be thrown by will in any direction. A fiery wave can be directed, but within the limits set by the tranquility of will. The fiery potential of spirit is revealed in tranquility. Therefore, the state of calmness and balance must be maintained at any cost. Calmness of the flame of inner fires is needed everywhere - on Earth and in the Worlds. The calmness of the evenly burning flame of spirit is the crown of achievement. Peace of mind is tested and affirmed by life and in life. In a disciple, calmness is the stage of necessary attainment.

1955-170. The manifestation of the fires, their growth and care for them represent a great and deepest science, the pages of which We now open before humans on the threshold of the birth of a new race, the sixth and predestined one. Agni Yoga, the Fiery Teaching, is given by the Masters in order to lead humans to understanding of their fiery nature and teach them to own and control their fires. Psychic energy is the primordial energy. The energy that lies at the beginning or forms the basis of everything that is in man or outside of him, is the fiery energy that creates life and all of its forms. In a man, in this condenser or accumulator of fire, the forms of its manifestation can express the highest that is on Earth. These fires are controlled by will if it has consciously mastered their power. The discipline of spirit is nothing more than a persistent and consistent method, or the process of mastering one's own fires.

All processes in a human being are fiery, and therefore the ability to control oneself, restrain oneself, keep calm and be in a state of vigilant tension over the manifestations of inner fires will be the path of Fiery Yoga. We live in fires and are moved by fires, and everything that happens in us is, in its essence, fiery. One must only vigilantly see to it that the lights that are being displayed be clean and bright. Thought gives the tone and color to the flame of spirit. It can color the lights of the centers in any color, giving them purity and transparency or making them heavy with dark or smoky flashes.

Someone offended you. You can respond to the offense with words. Words pronounced in the form of sounds already in themselves represent a fiery phenomenon, as well as the entire process of their generation and manifestation, as well as all thoughts and feelings associated with them. In response to an offense, you can give a flash of dark lights that infect the space. But it is possible, by will, to consciously generate a bright arrow of bright Agni. And so in everything, in all human thoughts, feelings, words, and actions.

1955-410. A human being, being a fiery creature, can accumulate fire in his body and, having accumulated a sufficient amount of it, use this force to control the lower elements of earth, water and air subordinate to it. In ancient legends it is said about the lord of the waters, the lord of the spirits of the earth and air, that is the lords of the elements, and examples are given of taming the wind, storms, and earthquakes, that is underground fire. By his fiery power, by the fire accumulated in himself, by the accumulated psychic energy, man can create these phenomena. These are not miracles, but only the ability to apply human powers and knowledge. There are no miracles. There is only what man knows and what he does not know. Mankind already knows a lot and will learn even more. Legends are the expression of reliable knowledge, once known to people, but now forgotten. Electricity, heavenly fire, which was once at the disposal of the god of thunder, has now been brought down to Earth and serves humans, thanks to the construction of huge hydroelectric and power plants. Christ wanted to bring fire down to Earth; now His desire is partially fulfilled.

But the human being is the most powerful accumulator of the heavenly or, more precisely, spatial fire, the most powerful walking energy station. And Our task is to bring him to the realization of his capabilities and his power. Even an electric cat knows how to accumulate fiery energy. This means that it is quite possible for a living organism. Hair crackles under the comb, sparks come from the eyes, sparks flash when one is touched by hand when the body is charged with electricity - in a word, everything indicates the connection of the organism with the fire of space. We explain how one can accumulate the fiery power in oneself, increase one's fiery potential, and learn to consciously use fiery psychic energy which is the most valuable man's property. We call the one who does it deliberately the collector of the treasure. You can accumulate this valuable energy. Most people waste it. It grows from awareness, from application, from constant exercise of it in action. Its strength grows when it is concentrated rather than scattered. Composure, restraint, self-control, control over oneself, one's actions, feelings, and thoughts will be the first steps towards mastering this wonderful energy. In due time, the Teacher will indicate how this power can be increased. One thing can be said: The way of cognizing the Doctrine of Life and applying it in practice is at the same time the way of increasing fiery power in man.

1966-248. The purpose of the evolution of spirit is to affirm its fiery nature and to collect the Light-bearing fire in itself. It is for this that life is given to humans on Earth and in the Worlds. First one must admit that a human being is a fiery entity, and then proceed with the accumulation of Agni. The antipode of accumulation will be squandering. Looking at squanderers, one can see how frivolously and criminally precious power is spent. The incarnated human who has squandered his stock of Agni is an empty shell. Fire is wasted by actions, feelings, and thoughts and is accumulated also by them. Consequently, the accumulation will be the outcome of various forms of human activity - physical, astral, and mental.

First of all, one must know what is wasting and what is accumulating the psychic energy of Agni. Despondency, for example, is wasteful, it is like an open tap of a water tank or a steam boiler. Cheerfulness is the opposite of despondency, and courage is the opposite of fear. Thus, one can compare all pairs of opposite qualities of spirit in order to unmistakably know which ones are the wasters of Agni. The positive qualities of spirit are containers of fires kindled in the human microcosm. The qualities of spirit and person's actions are inseparable from each other. Qualities are revealed in actions, as well as thoughts, for thought, quality and action are parts of

the same chain for they are saturated with the same fire. The integrity of this chain is of particular importance. The monolith of spirit depends on the unity of thought, quality, and action. A house divided in itself will not withstand earthly and supermundane vortices.

1962-204. Accumulation of Agni. Fire can always be accumulated, in all conditions of life, if only there is a desire to accumulate it and an understanding of the significance of this inmost activity. Exhausted words or actions cannot accumulate Agni, as well as exhausted thoughts. The feeling of the inexhaustibility of the Source will not come from exhausted actions. Restraint is manifested in everything, in all phases of human activity. Restrained strength is powerful precisely in the manifestation of restraint. Any force, any feeling, any phenomenon can be exhausted by incontinence. The astral body is the waster of Agni energy. Therefore, it is first of all the sheaths that need of ardent restraint of their manifestations. If you want to say a word, keep quiet instead. Instead of saying ten words, just say one. If you feel compelled to entertain an unnecessary thought - hold the thought, replace it with a necessary, useful one. Every moment you can do something that strengthens the stock of Agni. Night flights in a dream, their duration, conscious attitude towards them, understanding that all this happens in a dream, and exercises in overcoming obstacles, passing through walls and other obstacles, ease or difficulty of penetrating through them, depending on the substance and structure of these obstacles - all these are the results of restraint and efforts to control oneself and gather one's strength inwardly. What will the consequences of prolonged efforts be? It should be remembered that none of them will go to waste. You can only fly with fire. There is no flight without fire. Conscious activity in a dream indicates the possibility of separation of the vehicles.

1962-560. The accumulation of Agni is the direct and the only path to the Light. The accumulated Agni crystallizes in the affirmed qualities of spirit, that is those that grow in the process of their application to life. Agni Yoga is a way of applying the laws of psychic energy in life and thereby affirming its fiery power.

1963-234. Fire is very dangerous if there is no complete mastery of it. All crimes ever committed by humans are committed with the help of psychic energy. Fire is a two-edged force. Only mastering it leads to final victory. And it is good when it seeks to manifest himself at the negative pole, for this opportunity will give one the power to see and curb it; it would be worse to congratulate oneself with an imaginary victory.

3. Silent Witness

1961-486. It is good and helpful to think and even talk about yourself in the third person, as if from the outside, as if standing away from yourself. It's good to think that it's not me, but he, someone else, who talks, moves around, smiles, and does different things. It is good to imagine yourself as observing your actions from the outside, in the same way as watching a complete stranger. Now he feels good and is happy; now he is upset and saddened; now he went somewhere, and then he sat down. He, he, he, but not me looking at him, is doing all that. People gets attached too much to their sheaths, identifying themselves with them and coalescing with them. We must sever this connection, we must learn to separate our sheaths.

1967-468. It is very useful at times to view yourself from the outside as a complete outsider. Shortcomings and weaknesses of others and discrepancies between their words and their deeds are usually very clearly visible. To see all this impartially in oneself is very useful for knowing oneself. Human cognition includes not only the study of human nature in other people, but equally in oneself. In others, some properties or behaviors are unpleasant and even repulsive to us. In themselves, they seem acceptable and forgivable. And only by moving away from oneself and looking at oneself from the outside, one can concede inadmissibility of certain character traits or behavior.

1970-386. Some, though very rare, people talk about themselves in the third person, as if about outsiders. You can also think of yourself in the third person, not identifying your higher "I" with your sheaths but considering your personality as an entity that is separate from yourself. Then suffering, experiences and karmic blows that fall on this temporary and mortal personality will seem separated from the one who looks from the inside at the outer course of the life of the earthly personality. The Silent Witness can then assert itself over the transience of the external flow of this life and over everything that happens in the sheaths that clothe it.

1956-939. My son, look at the transitory states of your spirit as phenomena rushing past the windows of the carriage of a moving train, and do not identify yourself with them. A transitory state of mind, or rather its appearance, is something that lies outside of you, for you are a train going forward, with your "I" striving eternally, and life both inside and outside is what your striving spirit passes through. What is the matter if something outside is good or bad? Everything flies by and will pass away, everything that gives joy and causes grief and pain, everything, everything will sweep by like a dream produced by Maya. But you will remain, looking at the life passing by. You are still staying and looking at new phenomena, living conditions, and new people in order to part with them too, and you see new things again and again. Such is life; learn to understand it, otherwise you will have hard time.

1955-11. My friend, let us shift the focus from the inevitable passage of time to looking at everything that passes before our eyes. Then we will find a counterbalance in our spirit which stands above time. Something happens to a man and he looks at the external events that are happening to him and experiences them. Five, ten or twenty years ago he looked in the same way, at things happening to him which were different: at other people, different conditions, and other phenomena.

It is necessary to distinguish three streams of phenomena passing by: the stream of external events, the stream of feelings and emotions, and the stream of thoughts - they all flow like a movie strip through the screen of consciousness which It, looking from inside, the Silent Recorder contemplates. And the whole point is what to identify with: whether with it, the Silent Witness of the streams of life, with one of the streams, or with all three

at once, and surrender to them. It is difficult to get out of the stream and identify yourself with the Silent Witness. But how else can one get rid of Maya? Only by standing outside of it, can one understand the great illusion of life.

1951-208. If our consciousness is accustomed to look through the prism of Eternity, then the whole perspective on the observable life and the relationships of its ingredients will change, everything will fall into place and take the correct position, and, most importantly, every thing and all phenomena will immediately acquire their correct proportions. And the speck will no longer obscure the universe, nor the transitory, the eternal. Man will become only a spectator, like an actor on stage performing a role. And then the Silent Witness will emerge, for It is from Eternity.

1952-27. Thought flows like the waves of the river of life. We are motionless, sitting together on the bank of the rushing stream. The stream is the world, and you are the Witness. If you identify yourself with the transitory, you will remain with it, for man is a process. But I, who am in you, is beyond transiency, and you are in Me. It is necessary to understand the basis, the core of your enduring essence. Everything is in motion. But I am the center, I am at the center of the movement, motionless. Everything is temporary, everything changes, but not I. Consciousness expands, Infinity is revealed, but everything is in Me, and I am in everything. You are the center of your growing consciousness. Consciousness grows, but the center persists. It grows around the center, expands from the center. It is necessary to understand the imperishable in the transient, the eternal in the temporary. All you can say is "I am." This is all that we know about our "I". There is you, and outside of you - the world in perpetual motion and growth - micro- and Macrocosm, the Grain and the sheath, the Grain at the center of the grain. So you can hold on Me like a board, otherwise the waves of the transient ocean will wash you away and drown your consciousness in the tapestry of being.

1952-114. Let the stream of the day flow past your windows - do not enter it, do not merge with it. Tomorrow there will be another stream, then a third one, that is the water in it will be different, but the house of your spirit is of Eternity and will remain on the shore of Eternity. If you identify yourself with the stream, that is immerse your consciousness into it, you will be carried away downstream. Let everything go by. Let the phenomena pass by, preventing them from invading the sanctuary of spirit. Reflect its flow and kaleidoscope of changes, like a mirror that retains its smooth surface. Do not react, do not answer, do not let events sound on the strings of spirit - you are unable to echo all events anyway.

1952-137. Everything will pass, everything will change. Only you will remain, the Silent Witness of the transitory, looking at and contemplating the stream of life. Behold, but do not enter the stream: it will capture you, whirl and carry away. After all, you are only an Onlooker, only a Witness, the Silent One, abiding within, unchanging and eternal and standing aside. Don't identify yourself with the outside. You are outside of it. It flows, is always in motion, but you are above everything.

1952-503. The most difficult thing is to stand outside in the process of activities, so that the personality in you acts, and the Silent Witness just watches. Establishing control over oneself means the transfer of power to it, silently present forever. Consider the coming days as an opportunity to assert in practice, in action, that is in life, power over yourself and everything around you. The effect will be strong. Life experience will merge with the path, and life will become the path of ascent. Previously, life was kept separate from the path and followed its own course. Now life is becoming an expression of the path. All phenomena of ordinary life become constituent elements of the path. And each of them matters. There are no nasty things. Everything serves to affirm the qualities that I have outlined for development. The meaninglessness and misunderstanding of oncoming phenomena is replaced by a clear understanding of their place in the life of the microcosm as manifestation of energies of a certain order in action. Uncontrollable energies are subject to the conscious control of will.

1970-206. When a good actor perfectly fulfills his role on stage, he kind of reincarnates into the image he plays, experiences it himself, and makes the audience experience certain feelings and emotions. But at the same time, he constantly remembers that this is just a play, that real life goes elsewhere outside the stage. In the same way, in earthly life, one must know that life is a stage. The actor will fulfill his role and leave the stage. One must learn to look at oneself and the life scene as if from outside. Only under this condition can one be out of this world, the world of earthly vanity and transitory phenomena. But your temporary role must be performed well, as well as any work and your duty to people. All the Lightbringers lived in the world, but, carrying Their rich, wonderful inner world with all its possibilities, They were not of this world, for They understood that everything earthly was given to them only for a while and that real life is outside the dense world. At the same time, They knew the value of earthly incarnations, and the fact that only using the earthly experience to its full extent, They could move higher and higher up the Ladder of Light. They found a solution to life problems in the wise balancing of the earthly and the Supermundane.

1955-179. Of course, the makeup must be well applied, and the wig, costume, and all the other accessories needed on stage must be in order. And the artist must perform his role well. In the same way, on the life stage, your temporary role with all the details must be performed exactly as it should be. A seasoned spirit has already appeared on this Earth many times on different stages and in different roles. The actor is aware that he is on the stage, and, even playing brilliantly, remembers that this still is a play, even though it may be bright and vital. Likewise, the Ego, embodied in a body to perform on the stage of the dense world, should not forget the temporary nature of its role and not take the mirage of Maya for reality. Today one is Jones, yesterday Suleiman, and before that Olgerd, Rodrigo, Polonius, and so on deeper into foggy mists of times, but still he is all the same entity under different names and guises - a spirit, ascending the steps of life. Earthly life is a stage for a chain of incarnations. Let's not take too close to heart its phantoms floating before our consciousness. You just need to play your role well, boldly, decisively, and beautifully in accordance with the instructions given. Sutratma is an actor. [Sutratma: The "silver thread" which incarnates from the beginning of a period of manifestation until the end, stringing upon itself the pearls of human existence.]

1955-490. The main thing is how to pass life. Take life as it is, and not as it should be in your opinion, and rejoice in the service of life. You are not a participant in it, but only an Onlooker. Sutratma is an actor, and you are the one who only watches how it plays its role - well or poorly. And it doesn't matter what this role is: a king or a pauper, a ruler or a warrior, an artist or a doctor, but it must be played well. It is necessary to perform as best as possible given the available resources. You have to play as if it were not a game, but life itself, and at the same time be aware that no matter how vital it may seem, all this is just a play on a temporary stage. The curtain of life will fall, makeup and temporary robes will be taken off, and the silently Looking Witness can judge whether the role was performed well or poorly.

It is necessary to find the courage to rise above the abyss of life, so as not to be drawn into it. Here the role of a king or a slave is played - does it really matter to the artist what role to play if the Distributor of roles decided that the spirit has to play this particular role? It is not for us to judge why the Lords of Karma unmistakably and fairly distribute roles to each being as They do and thus control the destinies of people. Discontent, lamentation, resisting the decision of the Lords of Karma is meaningless, inexpedient and does nothing to change Their decisions. It is best to fulfill your next role in good faith, investing into it all of your abilities. After all, this is just a role on the stage of Mayavic appearance. Everything is conditional, everything is temporary, everything is unreal. The next role will be different: a different era, different people, and a completely different personality.

1959-293. The sutratma is an actor and life is a stage where the upcoming role will be played, and each passing day is just a short moment, an episode from the play of life. And you need to play your part well both in general and in particular. Why not play your part well when life is just a stage? On the stage, everything is simpler and you would feel free to show heroism, feats, and a series of deeds worthy your spirit. After all, this is just a play. The curtain goes down, the play of life ends, and the actors leave the stage. But talented and artistic performance of the role gives people joy, elevates them, and affirms in the artist the fires of creative tension if his

role is performed masterfully. You just need to understand every moment of the current life, that all this is just a play and the sutratma is an actor. Yes, all the events of life going on are just a play on the stage, but the real life is outside this stage, outside of Maya of the dense world, and you can think about that life which is not a scene, awaiting us when the play ends, the stage lights go out, and everything plunges into darkness, and then after a while another life of spirit will begin. So let us keep in mind: The sutratma is an actor.

1960-21. A writer creates a character and an actor incarnates and recreates it on the stage. A good actor incarnates so well that he merges with the character, completely losing his personality. But life is a stage, and the sutratma is an actor. The actor performs the roles that life offers to him. And he must play, whether well or poorly, whether he wants it or not. But why be a weak-willed plaything of fate, when you can implement a desired image, as the writer does, and, having incarnated it, carry out your role through the end on the life stage? After all, the image of your ideal can be created strong and vivid, and you can, having entered it, play it so that an ordinary person vanishes altogether, retreating into the backstage area. You can go through life as a hero, embodying beauty in every word, movement, and gesture. You just need to choose an image that is in tune with spirit and replaces your external "I" with all of its shortcomings, imperfections, and mediocrity. A man must become perfect, and everyone dreams of what he would like to become in the course of time. Why only dream when the image of oneself, inspired by a vivid and clear vision, can be brought to life? One can merge with the created image so deeply and closely that the created image will replace one's former "I", one's earthly personality. An actor, an actor not on stage but in life, will endow this new appearance with all the qualities of spirit that are in tune with him and which he wants to assert in himself, and these qualities will substitute shortcomings. You can play the role of a strong person who controls his feelings for so long, naturally and persistently that these qualities will enter the human being and become a part of it, become the qualities and traits of his personality. If the qualities of spirit are weak or are lacking, they can be created, added to the created character and affirmed in yourself. Not hypocrisy, not deception, but the embodiment of your ideal in the created image. We have examples of great people and heroes, examples of endurance, courage, and self-control. Is it really impossible to put them together at the behest of the heart and embody in yourself? You can find something for yourself in the treasury of human achievements and discoveries, you can lovingly and carefully choose what appeals to you, what attracts you, what you want to passionately affirm in yourself, for which you often lack neither strength nor skill. The Teacher gives an opportunity to affirm the desired qualities of spirit in the easiest way. It's so easy. And it is feasible. The clown in you will try to come to the foreground and be a puppet of external influences, but the artist is not a clown and life is not a country booth.

1954-352. It must be understood that the Silent Witness inside is never changing and unshakable by what happens outside. In the event of a trial, it is worth uniting your consciousness with It and moving to Its sphere from everything external and temporary. Then It will immediately impart to consciousness the vibration of the power of the eternal flame, from which its essence is kindled. Even a small experience today, when small deeds could interfere with our communication, immediately brought success and balance as soon as consciousness turned its eye to the stronghold inside, where it dwells, looking silently. Consciousness should often be turned inward, to the altar of the eternal flame, to the sanctuary of a kindled spirit, inaccessible to the things outside, indestructible, immortal, to what constitutes the essence of man. As he becomes aware of It, It will shine in consciousness more and more brilliantly until it becomes a flame of infinite Light, which is part of the Flame from which spirit emanated and temporarily separated from the Great Cosmic Receptacle, with which this connection has never been interrupted. The sphere of this Flame is the abode of the eternal Light, from which the spirit proceeded and into which it must return. But due to an even brief contact with the intimate and the ineffable, which is hidden in man, the power of consciousness increases immeasurably. The ascent of spirit brings the consciousness closer to the citadel of the Silent Witness, which is within. Silent, invisible and soundless, without form and color, It is the heart of your heart, the essence of your essence, the noumenon of strength, the power of the eternal Flame of life, enclosed in the eternal essence of man, hidden under six sheaths. The whole manifested world may perish, but this will not destroy the Silent Recorder. A declining country may become covered with sand, proud and beautiful cities may turn into dust, a whole nation may be erased from the pages of history and

will not leave a memory of itself, but It, Silently Looking, will remain forever. It, the Silent Witness inside, is yourself, but not your external personality, temporary and transient, with all its sheaths. It is the One who is the soul of your immortal Individuality. He is God in you, eternally existing, who was, is and will always be.

1954-251. If we take all possessions away from a person, all those close to him - his wife, children, father, mother, even the very physical and astral bodies, - what will he have left? All experience, all knowledge, all accumulations, everything that has been collected and accumulated by him over many, many lives, that is his inalienable property, accompanying him under all conditions and with all changes of lives and sheaths. This is his true property, his Higher Triad, in which everything is consolidated. Man lives for the sake of what can be collected and accumulated in it and preserved forever, and it is for this that he comes to Earth. Therefore, the purpose of life in any sheath is to collect the fruits of experience and put them in the Chalice of immortality. As long as a person's consciousness is focused in the lower sheaths, the sheaths mortal and temporary, which are subject to inevitable replacement by new ones in each incarnation, the person lives in order to die, for everything mortal is doomed by the law. But when the Higher Triad kindles and begins to shine and consciousness rushes to it, the Chalice of Immortality begins to consciously fill with the incorruptible accumulations of spirit. Everything that the person has gone through is deposited in the Chalice. But consciousness, chained to the lower strata and sheaths, cannot access the deposited treasures. Consciousness must be raised higher, where the breath of death will not reach it. Eternal life is affirmed on the highest scale of being. Fire crystals of experience deposited in the Chalice do not perish. They persist and are available to the fiery consciousness. This means that the fires must be kindled and consciousness made fiery. The ignited centers collect the Treasures of the Chalice, which open more and more and become available to the fiery spirit. The Teaching of Life means to bring the Higher Triad into consciousness, or rather, to raise consciousness up to it. The cycles of physical earthly incarnations are strung like pearl beads on a string [sutrātma] and stored in the Chalice - the repository of the lives of many personalities. The chalice contains and embraces them all, but it does not embody the personality itself, for it is a suprapersonal phenomenon, devoid of personal elements, a phenomenon that constitutes an enduring Individuality.

4. Individuality

1952-65. Individuality is the seed of spirit, the Divine Triad: Manas - Buddhi - Atman.

1963-380. Here we are talking about control over thought, but who controls it? Will. And who controls and directs will? Who lives in the body and sheaths? Who remembers and records everything that flows before consciousness? Who records the life of a poor man or a ruler of the earth? Who collects experience and knowledge in the Chalice? Who is the owner of the Chalice? Thus, separating what is happening from the one who observes it and puts it in the archives of memory, one can approach the center in oneself around which, like the planets around the Sun, the human world revolves. Let us set aside the body - it is not "I". We will also discard the subtle body; it is also not "I". Today the mind is occupied with some thoughts, tomorrow with others. Thoughts flow like waters of a stream, constantly changing. The thought is not "I" either. But often "I" identifies itself with its sheaths and believes that they are "I." But what is contemplated and the beholder, the visible and the seer, the sensed and the one who senses, the thinkable and the thinker, cannot be one and the same. Let us call this "I" in a person a spirit clothed with outer sheaths or vehicles. The sheaths are its instruments for intercourse and communication with the worlds that are external relative to spirit. It builds these bodies, physical, subtle, and mental, clothing itself with the matter of the corresponding planes and a certain composition, depending on its aspirations. It should borne in mind that different physical bodies, say, those of a hermit-yogi and of a drunkard and glutton, may be so different in their composition: In one case their matter is rarefied and cleansed of coarse and heavy earthly elements; in the other case it is infested with them to such an extent that its decomposition sometimes begins already during life, long before the death of the body. Cleansing the physical body of heavy earthly fluids that cause premature decomposition, illness and old age is the task of the one who wants to take possession of his body and rarify and refine its composition.

One needs exercise firm and constant control over that which either elevates, brightens and attracts to the Light or darkens, that is, plunges into darkness. The control is performed by the one who is over them, over all these changing and passing states of all their sheaths. Not a small "I", not a small personality that dies in every incarnation, but the Immortal Individuality of a person, accumulating in the Chalice the experiences of the lives of all personalities through which It manifested; only It can take possession of a mortal person limited to a small circle of a single incarnation. The consciousness of the small "I" rises to the realization of the big one and through it begins to look at everything that happens to it. Thus, gradually lifting the veils, one can approach the sphere of the Silent Recorder, Eternally looking and experiencing in all the sheaths in which spirit is temporarily clothed in order to gain necessary experience in their respective worlds. A person who does not know the purpose of his incarnation may be likened to a boat without a rudder. But when the goal is known, the direction is known too, and the rudder is in the firm hand of spirit striving into Infinity. Then it is possible to reach, no matter how far they are, the shores of the Fiery World, which is enduring in eternity, and, having cast off all the temporary sheaths, put on the fiery one, which is also enduring, and shape it in the process of a constant striving for the Light.

1967-305. Liberation from the body will not be real liberation if power is not established over the rest of the sheaths. And earthly power has nothing to do with power over itself. To conquer oneself is, was and will be the greatest victory of spirit. All sheaths are temporary, but they claim to dominate consciousness. However, power should belong not to them, but to spirit which is timeless. The timelessness of spirit manifests itself in its

Immortal Triad which is its permanent garment, or reincarnating Individuality. But what is spirit? It is a spark kindled from the eternal flame of life. The core of spirit is eternal and indestructible. In the process of the infinite evolution of the forms in which it was sequentially clothed, the deposits of everything through which the current form passes are layered and crystallized, until the stage of human consciousness is reached when the fruits of life make it possible to gradually form the Individuality. The seed of spirit remains unchanged, but the layers grow. The personality dies in each incarnation and is reborn with each new one, but the Individuality collects in the Chalice the fruits of the experiences of each incarnation. This signifies the victory of spirit over the temporality of the sheaths that clothe it and are replaced with each new arrival on Earth. Transfer of consciousness from the sheaths to the Immortal Triad will be a great achievement of spirit. Death is trampled upon, and spirit gains freedom and power over the forms in which it is temporarily imprisoned. Spirit is not a dense body, is not an astral body, is not a mental body; spirit is fire, a fiery body, a body of Light, which took shape in the process of a long evolution of the fiery spark that constitutes its essence. The Sun will pass away, and the Moon will pass away, and Earth will pass away, but spirit will not pass away, for it is eternal and indestructible. Only by focusing on it and establishing the center of consciousness in it, a person achieves what is called immortality.

1965-384. Let us separate the properties and characteristics of personality and Individuality and analyze both. Personality is an external person, his social position, work, family, relationship with people and his mental world, filled with the details of current life, his sympathies and antipathies, his changing Skandhas and a background of upbringing and education - in a word, everything that ordinary people mean by a regular person. For the majority, this external person predominates in person's outer expression. He has his own inner world, which is completely filled with elements of outer life and the reactions of consciousness to it. There are people in whose consciousness this external person and the other internal one, which is an expression of Individuality, are balanced: neither one nor the other prevails. But there are people in whom Individuality, or the inner person, prevails and dominates the outer one. Individuality is a hidden entity in a person, it is what is clothed by the external person, his personality, so that this latter can fulfill the task of the current incarnation assigned to it. It contains all the highest qualities of spirit that can be preserved for manifestation on the High Planes. All higher impulses and aspirations come from it. It does not die with the death of its sheaths but collects through each everything that they can give in each of the worlds corresponding to them. We are interested in the life of the Individuality, its growth and development, which often run counter to the desires and aspirations of the external person and its interests. It often happens that something that is very difficult and unpleasant for the personality is useful and necessary for the Individuality. And then the personality suffers. Many sufferings give the Higher Triad the experience and knowledge it needs and bring closer the possibility of transferring consciousness into Its sphere. This marks reaching the stage of immortality, that is, uninterrupted consciousness. The vivid personal world and personal consciousness fade out and change when the person is liberated from the physical body. The personality dies at the conclusion of each incarnation. The remnants of personal consciousness can clog up the space for a long time. I'm talking about ordinary people. But with each new incarnation, the Individuality grows and accumulates the elements of the imperishable that are so necessary for it.

1956-92. Personality, if correctly established, is busy, like a bee, collecting the honey of experience and knowledge for the person's Immortal Individuality. Personality, as well as everything associated with it, is not an end in itself. While in the service of the Individuality, it is obliged to fulfill its assignment as a servant and temporary assistant. If a person has usurped the right of the Immortal Reincarnating Individuality and concentrated all of his interests in himself and on himself, then the collapse of this structure is inevitable, great and full of drama, when, after crossing the Great Borders, the personality and personal small "I" disappear. This is the great deception of the self, or rather self-deception, when the person's ghostly world, filled with phenomena of a personal nature, disappears like smoke. Even in the case of earthly life, one can see that the personal world, say, twenty years ago, ceases to be important for a person and occupy his consciousness. What can be said about the time when the dense world will be replaced by the Subtle World and all conditions will change completely beyond recognition? What, then, will remain of the world of personal relics and rags of the past? Thus, affirming

the Individuality and the world of the superpersonal, planetary and universal phenomena, a person joins the Higher World and leaves his auric ring of selfhood.

It is very difficult to break through the shell of the aura and enter the vastness of spatial life. But every unselfish thought about the interests of others and those around us, every suprapersonal feeling breaks through the fence of selfhood, that is the shell of the auric egg of the personality. That is why those who live intensely for others remain for a long time in human memory, as if affirming by this their immortality on Earth. The rage of the unbridled self is irresistible and knows no limits. You need a bridle on it, and the tighter, the better. Each curb of the astral is very helpful. Self-mastery is a necessary and inevitable step in the ascent of spirit. Always and everywhere affirm doggedly, persistently and purposefully the ability to control oneself. Life gives you a lot of opportunities. Pitiful, unhappy and wretched people who are victims of their passions, emotions and moods are forced slaves, slaves of random vortices of the astral plane, slaves constantly tormented by their self and carried away into the funnels of spatial vortices created by their own unbridled astral vehicles. Only consummate balance can protect spirit from these horrible influences that are terribly infectious. And only the ability to control oneself, or self-control, can resist them.

1963-050. Experience and knowledge - this is the goal, the only goal for which a small and temporary person lives. And it is good when, during his lifetime, his consciousness begins to rise and concentrate in the Immortal Triad, making the person only the executor of Its orders. Why maintain the struggle between the Higher Triad and the lower duad, when here on Earth you can win and subordinate the manifestation of the personal principle to your higher "I"? The transfer of all consciousness into the sphere of the imperishable will be a victory over the small personality. The personality cannot be big, for it is limited in its manifestations for several tens of years. If a person becomes great, it can be only insofar as the Immortal Individuality of a person, manifesting through a person, can freely reveal its hidden essence, its experience of many past existences, the incorruptible accumulations of spirit. When the Knower says: "I am nothing in myself," He means His mortal personality, temporary, small, limited by the body and other conditions of earthly existence. Thus, it is necessary to understand in spirit and in heart the meaning of the life of a small person in order to more fully master it and subordinate it to that great task for the sake of which it was given life on Earth. With death, personality ceases to exist. John Doe ceases to exist as such, with his body, passport, apartment, clothes, things and social status. All signs of his personality, down to his picture ID, cease to have a self-sufficient meaning. Everything is over with his incarnation on Earth. Only that which has been collected for the Triad remains in the Triad, the entire meaning of the past life being only in the material accumulated during the life of the person. But let the eyes of the soul be open during life, let the gathering of experience become the only goal, let the awareness of the Immortal Triad in oneself become so real that everything will be concentrated in it and will happen for its sake. Detachment from the personal principle, mastering it and transferring consciousness into one's Immortal Individuality will be the most difficult achievement of spirit.

1972-324. The growth and development of person's reincarnating Immortal Individuality goes on as usual, regardless of country, place, nationality, skin color, family, and other external conditions. Of course, they have influence, that is accelerate or slow down the evolution of spirit; but just as whirlpools, waves, wind, and storms do not affect the main course of the big river, so the main development of the human microcosm, which takes place under the influence of the stars, obeys its own laws and does not depend on what events occur in the world. Strong individuals rise above external conditions and shape their karma in spite of them. So, Plato was ahead of humanity by many stages of its evolution. For weak spirits, their consciousness is determined by circumstances of their life, but strong spirits create and transform their surroundings rather than walking along the well-worn old ruts of the world around them.

5. The Path

1952-626. If the heart is not petrified in self-satisfaction, point out or only hint at the path of eternal transformation. The path of eternal transformation is the mode of being. They call it evolution. Heraclitus called it the process of eternal becoming. Others called it perpetual motion. It is better to call it the process of eternal transformation of life, or matter, or life in matter.

1952-671. The goal of a person is to reach the Summit of immortality. To become conscious of three of your lower sheaths, to stand above them, to feel one's Individuality, and to acquire continuity of consciousness does not yet mean to be and to become a Hierarch of the Crown of Cosmic Mind. But this means that a person is embarking on a straight path to achieving this greatest goal. The path of ascent is endless, and when one goal is achieved or even a step is taken, another, a higher one opens up. And there is no end to them, going higher and higher, one after another. The pilgrim is not afraid of the endless path, for the pulse of eternal life is continual.

1953-89. The path of the evolution of spirit is long, and the ladder is high - it has no beginning and no end, just as the Universe does not have it. A person can be called a pilgrim of the eternal Path without end and beginning. Whether here or on other planets, the spiral of evolution is everywhere, rising towards Infinity. Everywhere there is life that has no beginning and no end, but only changes the forms of its expression.

1954-7. The lower consciousnesses do not know the future. They build nests, store food, but do not know, because they do it instinctively. The greatness and height of spirit is measured by its ability to recognize the distant facets of the future. The frames of the present move away in both directions, expanding the horizon. To consider the present separately and independently of other poles of being would be a sign of ignorant or small consciousness. Given a sufficiently wide horizon, it becomes easy to realize that a person is a traveler from the endless past to the endless future, or a process of constant expansion and enlargement of consciousness. And then the earthly stay becomes a fragment of the path to Infinity. Not a bounded, meaningless self-contained existence in some finite period of time, but precisely an infinite path. Someone dreams of the elixir of life and immortality, but this elixir has already been found, and its name is Knowledge, for it gives awareness of life that has neither end nor beginning. The immortality of spirit lies in the realization of this great conception.

1956-61. The person's path is determined by the Rays of the spheres of far-off worlds, for he is the bearer of the crystals of the energies of the Light Rays deposited in his microcosm.

1958-6. The task of concentrating in oneself all the devices invented and not yet invented by humans is not easy and will require more than one incarnation, but it is great, and there is no more noble or more majestic endeavor. It will spread over many lives, all the lives that are to be lived on Earth, for it will lead one to the heights of the power of the spirit, the summit of which will be omniscience and omnipotence. The Planetary Spirits manifest these qualities to one degree or another, but even no one of Them has attained omnipotence. This is why we call this path endless. The path of the Royal Yoga has no end, for it leads to Infinity.

1956-426. The person's path is infinitely long. Its segments on Earth and in the worlds are sharply different from one another. Taken individually, they have no ultimate meaning. But, being bound together by

understanding, they represent a continuous path from the spark-monad to the God-man and above. To assert this understanding of the continuous path, each step along it, each phenomenon on it and everything that happens to a person, should be considered not by itself, taken separately, but precisely as an integral part of this whole indivisible path. A phenomenon, taken in its inseparability from the path of life, will immediately take its due place in the general scheme of things, and then the blinders before the eyes will no longer obscure the Sun, and the transitory, the eternal.

1962-181. My son, the path is long, it is endless, but the earthly segment of it is short. What do we give preference to, a short section of the path or the one that has no end? If the short one is considered not by itself, as something self-sufficient, but only as part of the Great Path to Infinity, then this short segment will no longer acquire merely a temporary meaning, but an infinite one too, and not because of its duration, or rather by its shortness, but as an integral part of what has no end. And then the temporary will become the expression of the eternal, and the finite, the infinite, the limited, the limitless. By itself, this segment is devoid of any meaning but, taken as a part of the Great Path, it becomes full of the deepest meaning. After all, everything continues into Infinity, there is no end to anything - not to a single action, not to a single thought. Every action and every thought is only a link in a chain stretching from the past, which has no beginning, to the future, which has no end. But, creating this link, it is in the person's power to make it the purest and the noblest. The chain of cause and effect, or the rope of Karma, consists of many threads, each of which is woven into the rope by human will. You can choose the elements included in the threads at will. Each continues into the future, making up an integral part of it.

1966-627. It is best to look at life precisely as an endless road or path that leads spirit into the infinite knowing of what exists. The path also presupposes motion which also has no end, that is, it never stops. Then accidents, surprises and difficulties would not confuse the pilgrim, and temporary and transient joys will not delay him. The person's small "I" fights against accepting the truth of life and hides from it in the nooks and crannies of random conditions. But nothing temporary will free you from reality. Courage must be found to look with open eyes at the great stream of life, constantly changing and forcing each form to be replaced with a new one. Only the seed of spirit is invariable in its primordial elemental fiery essence. Its subsequent layers do not represent the seed itself. The immutability of the essence is coupled with the accumulation of layers during the passage through all the kingdoms of nature. The form takes possession of what it goes through or went through once, in the fog of distant times, only to be replaced with a new and more perfect one. The process of evolution of forms is the essence of life, with the goal of bringing spirit closer to the achievement of all-seeing, all-hearing and all-knowing, or omnipotence, the absolute degree of which being unattainable, but the steps of approaching them are attainable.

1956-132. Keeping the feeling of the inviolability of the seed, one can strive to clothe it with layers worthy of the great goal - the merging of consciousness with the source of eternal life, from where the spirit descended. This will be the return to the House of the Father, to the Kingdom of the Father of all. This great and distant goal can be constantly held before oneself. And all the surrounding conditions are to be considered as something that, with the correct set of consciousness, should always contribute to this goal. This can make it possible to take each step in the right direction without wandering, being diverted or stepping back. And then all human actions acquire the character of expediency, purposefulness, and commensurability. And wherever the person is, whatever he does, and whatever the surrounding conditions, the conception of the path and the sense of being on right track never leaves a person. We call those who have realized their purpose Eternal Travelers, Pilgrims of Eternity, or travelers of the Great Path.

The Cosmos is constantly rushing forward in the process of eternal striving and improvement. The Evolution Principle is cosmic and universal. There is no end to the movement. The Great Pralaya occurs after the Great Manvantara and then again gives way to another Day of Brahma, the world's movement upward, to the highest forms of manifestation. The path is endless. Along this path it is becoming clear that it is infinite. But this is the way of life. It is clearly affirmed both in every small segment of the current day and in the billions of years of Days and Nights of Brahma. One's consciousness has to plunge deeper into the very essence of this All-Cosmic

movement. That is, to enter the rhythm of the world Evolution and feel like an active striving particle of the One Great Whole. If this awareness has taken place, the feeling of personality, the feeling of separation and isolation from the Great World Stream is completely lost, and the person becomes an integral part of the Great Cosmic Life, realizing his unity with it. Then life becomes eternal, it does not suffer death. It initiates the person to the host of immortals. The ordinary life remains small, earthly, goes on as usual, and as before the sun rises and sets, and as before, the fleeting worries of the day arise before the person. But the power of bustle has already been undermined, the stranglehold of the present has been removed from the consciousness that has seen the light of Eternity, and spirit is now moving boldly and freely towards new victories over life. The person keeps moving in time and is completely conditioned by it, but each step is taken in the right direction, for everything is done in spirit, the whole process is in spirit. Not in the hands, not in the legs, but verily in spirit. To realize the full significance of the spiritual processes taking place inside would be a victory over the dense evidence which in itself is nothing.

6. The Master

1952-85. The work of building is going on and is based on "We". All consciousness is tuned to the key "We". In all forms and types, "I" is replaced by "We". Consciousness lives as part of a collective, part of the whole. Not by itself, but as a part of a collective, not "I", but a part of the Cosmos, an aspect of the whole. Consciousness is like a tree whose roots dwell in the Cosmos. The deeper, the stronger. A detached, independent existence is absurdity, illusion, self-deception. This is especially evident in the intellectual sphere, where a person reaps the fruits of the collective labors of all mankind as a synthesis of what has been achieved by mankind. So the student of any science picks up everything that people have achieved by the present moment. For any science is a synthesis of the collective efforts of all mankind. It is necessary that the "I" see its smallness and consciously replace it with the mighty "We". There is strength in We. Likewise, the Brotherhood, the Community, and the Hierarchy are forms of expression of the collective. Its creative power is great. In its realization lies the understanding of the essence of two worlds - the old and the New ones. You and I are not alone but are the expression of the forces of the army of the Camp of Light. As synthesis is a stage of higher consciousness, so the collective is the highest stage of evolution.

1952-318. Spatial currents can interfere with perception, but what can drown out the voice of the Silent Witness, what can drown out the power of Silence? There is something in you that is always in touch with the reservoir of the spirit of Infinity. Learn to listen to it and be always with it and in it. I and It in you are one. We belong to the World of Spirit with its immeasurable immensity. Revealing Us, you manifest the properties of Infinity. The essence of devotion to Us consists in surrendering yourself, in surrendering your spirit to Us who are in you. We are I and the Father. By affirming Us in yourself, you affirm the world of endless possibilities.

1952-248. My Face, the creative Light, stands in you between the Silent Witness - the center of everything and in the center of everything - and the stream of changing physical forms, the stream of astral formations, and the stream of rushing thoughts. The three worlds rush onward. You and I are at the center, and I am separate from what is outside. To be with Me means to be separated in Me from these three rushing powerful streams. After all, I said that the Sun will pass away, and the Moon will pass away, and Earth will pass away. But let us not pass away, neither I, nor you who lives in Me and is established in Me.

Why are We at the helm of events? Because We are in the world of causes. We are the power that gives rise to causes. Above the world of visible and invisible forms, the World without forms stands. In it is to be found the source of the manifestation of the worlds appearing in forms. The laws of the macro- and microworlds are the same. The visible flows from the World of Causes that exists invisibly and is devoid of form. Likewise, the invisible center of the microcosm is the center that generates and conditions the character and essence of its visible sphere. The microcosm creates its center in its realm. That is why the microcosms of the Savior, Plato, and the street vendor are so different.

1953-328. The goal of the disciple is to merge with the consciousness of the Master, and, having merged, manifest Him, manifest Him as fully and completely as the Master Himself expresses His Master whom He follows. The disciple must achieve what the Teacher has already achieved - complete perfect merging with his Superior. He who has seen or came to know Me, has seen and knows the Father, for I am in the Father. I am the

Lord, He manifests His essence and His rays through Me. Such is the law of Hierarchy. Each link of it leads to a higher link. And the higher is followed by an even higher, up to the Ineffable Light.

1952-290. The Mystery of the consciousnesses generated by Me and supported by Me, returning to Me and abiding in Me, being separate in many, is the Mystery of the One, the Mystery of the One Who is everywhere. The spark-monad, once having emanated from the depths of the Absolute and driven out, returns to the Bosom of the Father, loaded with the experiences of life and knowledge, like a branch loaded with fruits, in order to merge back into the One. This is the Mystery of the Father, the Son, and the Fire - the Holy Spirit who exists in Them and unites Them. He passed through the ocean of time towards a distant goal, which all of a sudden becomes visible and near, for I am the Son in the Father, and you are the son in Me who is in the Father.

1952-303. At the beginning of everything, I was, the Father-Builder, who came from the depths of the Ineffable. And there were Two of Us: I and She - Mother. And We have spawned the Being. Fiery Logoi are creators - They create, each One creating spark-monads according to His Ray. We divide Their Rays on the scale of Light. Thus, the ray-monads were divided according to the generating ray. Seven Rays results in seven classes plus five additional ones. The division of the Being proceeds according to the principle of septenarity. And the spark-ray-monad, which has become a person, retains its main distinction according to the ray. The father of each monad is a Creative Logos. But each one must absorb the elements of all seven Rays and, while retaining its identity, become all. Therefore, the remaining six Rays contribute to the creation of the given ray-monad in order to make it seven-rayed. This is the essence of creative astrotechnics or astrology. For astrology is the science of the stellar architecture of human souls, or ray-monads, unblended at the beginning and synthetic at the end.

Fiery Logoi, or Lords of Flame, create incessantly. The creativity of the sunbeam that brings life is obvious. Astrotechnics studies the creativity of star rays. One obtains one's body from Earth, but its composition is septenary in terms of its earthly elements, that is it also is impacted by the rays. The planet is sevenfold. The creativity of the cosmic fiery centers is reciprocal and is similar to the creativity of the human fiery centers. The analogy is complete. The body lives and functions by its centers. Subtle bodies, too, each has a septenary composition according to the principle of septenarity. But the main Ray dominates. The division goes from 1 to 12. For example: 2, two - plus and minus, rajas and tamas; or 4, that is, four elements: earth, water, air and fire; 5 - the person's pentagram, and so on. But the main division is by rays, that is 7.

1952-475. One has to learn to see the Lord. You need to strain your energy to this end. Desire it with all your heart. The opportunity to see Me is above all. To break through the wall of matter at last, to dare in spirit and heart. For boldness is the anticipation of the inevitable. The Face is near and predetermined. Why not speed up? Let's light the desire with all the fires. Let the microcosm burn with this unified striving to affirm the Face. I knock on your heart, but how often its doors are closed by the bustle of the transitory! I and My Face are above everything, the closest and before everything else, before the bustle of the day. The stream of life is to be comprehended through Me.

1952-164. Remember me. Affirm continuous remembrance. Schedule first a minute of continuous remembrance, then an hour, then a day, a month, and so on. Always start small. Say this: Here He is, my Lord, here is His Face in constant action. But you have to allow the Presence and the opening of the heart to Me. An open gate is an invitation for a guest. May the gates of your heart always be open to Me. Concentration is not so much needed as opening of the heart to Me.

The state of consciousness of an open heart must be grasped. A ray shines only into the consciousness that is open to it. This state is the state of a magnet that constantly attracts to itself. One must tune the consciousness to the wave of constant attraction of Light. And then My Face will create incessantly. You need a complete opening of the heart upward and closing it downward. The gates of the heart are to be closed for darkness.

1953-63. When receiving My thought, it is important and necessary to extinguish your sheaths, all three of them. It is necessary to remove oneself, one's thoughts, feelings, and experiences from the process of capturing

the highest thought. If this is not done and if the lower "I" and scraps of personal thinking invade, then the crystal purity of the source is clogged with impurities of a personal nature. The value of the received thoughts decreases in direct proportion to the amount of these impurities. Of course, the light of the Master is colored by the light of the receiving consciousness, the color of Individuality, but this is unavoidable, for incoming rays are refracted in consciousness. The distortion of the Ray by unbridled sheaths is one thing, the refraction of the Ray in consciousness and its assimilation is something completely different, requiring a certain degree of extinction of the lower "I." Therefore, the greatest obstacle on the path of Communication is the selfhood, the sharp stakes of which encircle consciousness. Spatial sendings hang powerlessly on them, and the stakes break the Ray.

Vigilance is also required because the dragon of the self is very tenacious and constantly raises its heads which, when cut off, grow back. Therefore, the sword of spirit must pierce the very heart of the dragon with the three atria of the physical, astral and mental nature, that is, the very center of the vehicles or sheaths that clothe and serve as conductors of the personal "I". It manifests itself through the three sheaths. The manifestation of this "I" is suppressed by refusing to feed it. It is nourished by all lower thoughts and feelings, and by them it lives. Consciousness, refusing to vibrate in them, remains pure and capable of reflecting the Master's light untainted by personal inclinations. Therefore, selflessness is the basis of the service. Spending an hour of communication without letting the dragon raise its head is already an achievement. And then the Master's Ray completely fills the consciousness, and the highest thought freely and unimpeded flows into it.

1954-401. We come to the same thing: completely, irrevocably, to the end, refuse to lend your heart to anyone and anything earthly. Lend it only to the Lord, only He will never betray or deceive. The great deception of earthly phenomena lies in their very transience. If one leans on them, they change their face according to their temporal nature. There is nothing solid, nothing stable, nothing permanent, nothing definitive in what we see around us. And even wealth and money do not provide health, happiness, or peace of mind. For happiness and tranquility are in spirit.

7. Maya

1953-16. There is nothing in this world worthy of spiritual attachment. Everything is Maya, everything is a mirage, swamp lights flickering dimly. From the kingdom of death, we go to the Higher World, to the realm of Light, where the inextinguishable Eternal Light burns from Eternity and in Eternity.

1955-14. The world of an ordinary person, the world of reflected reality, is the world of Maya and has no real existence. We call the earthly life dreams of Earth. A person wakes up from them after death, for death is liberation from earthly illusions.

1955-307. Do not rejoice and do not grieve, do not laugh and do not cry, do not indulge in the incessant vibrations of the astral plane, and then your joy will be perfect, that is above the pole of the lower sheath. Maya's deception abides in it. Joyfully embracing its pinky pleasant waves, we doom ourselves to the joylessness of their shadow side. Understand the essence of the seduction of Maya, which obscures the appearance of an inevitable opposite pole.

1961-545. The world of an ordinary person is Maya. Its strength is proportional to the lack of awareness of the meaning of what surrounds us. If one believes that everything around him is an end in itself, but not a means for the development and blossoming of his spirit, he plunges himself into the world of illusion, into the world of Maya. If he knows that his true kingdom, the kingdom of the spirit, is not of this transitory world and that this world serves only as a ladder to the spirit, Maya begins to lose power over his consciousness. And then the person no longer surrenders himself to the power of any phenomenon of the external world, knowing that any phenomenon in itself is nothing, not an end in itself, but only a means to comprehend something through it, to understand something and to learn something, and nothing more, and that it will immediately go away when what it teaches is drawn from it. And then one detaches from everything that surrounds him and gains freedom from their power over him. And then he understands the nature of Maya and knows in his spirit that there will be no benefit to him if he gains the whole world but loses his soul.

1962-409. In the highest meaning, Maya is the manifested world.

1955-219. The entire inner world of a person, his entire ghostly "I," his entire personality, encompassed by his small "I," is nothing but one great illusion, the product of Maya's creativity. Plato's cave and the shadows on the wall, taken for the real world, actually represent the ghostly world of Maya, or the world of appearance. In the Kingdom of the Silent Witness there is no place for appearance and Maya has no power over it. Man perceives the world in time and space of three dimensions. But there is no time, and distance is an illusion of earthly feelings. Spirit does not know distances, and the movements of spirit, even with the usual divisibility of spirit, are already timeless. In the quiet of silence, deepening into itself, spirit rises to a Higher Plane of consciousness and, striving into space, reaches the Master and enters into communication with Him. And he does all this without moving, without changing the position of the body. The seductions of Maya, time, space and things are conquered. But it is not easy to reject the habitual way of thinking, for consciousness is firmly held by the bonds of personality, which bind it to itself as if it were an imaginary center of being. How much work must be done and effort made to at least break away from oneself and imagine one's spirit near the Master, next to Him in the distant mountain

abode! The personality holds person's consciousness in the earthly sphere by its invisible, but strong rusty old chains of countless centuries of earthly existence. Strong are the shackles of the three-dimensional world in which the personality and the small "I" of man and his selfhood, which is the seat of his soul, reign.

Thus, he who has not lost his soul, and who has not rejected it, and who has not been liberated from the chains of his little personality, will not enter My Kingdom. The soul, like the body, is a form of expression of spirit in the world of convention and limitation, in the world of Mayavic evidence, in the world of ghostly earthly life. But I abide forever in My Kingdom, in the World of fiery reality, in the sphere that can be called the true homeland of spirit. Thus, the appearance of the Silent Witness becomes possible, and the endless tape of past lives unfolds before spirit even back to the abyss. Partial and fragmentary glimpses are possible on Earth as well, but under special and complex circumstances, when the world of a given earthly personality, with which a person identifies himself in this incarnation, recedes into the background and its power over consciousness ceases at least for a while. Having lost his soul, having lost his personality, the person comes into contact with his reincarnating Individuality, and then the Silent Witness can reveal His ace. The personal world, the world of bustle, calms down, movements, using the terminology of St. Paul, cease in the "mental body" of a person, and the "spiritual body", freed from the power of the "mental body", or soul, can see, and hear, and feel over seductions of the three lower sheaths manifested in the world of dense matter. The Kingdom of the Silent Witness is higher than the earthly world, higher than the astral world, higher than the mental world of transitory forms. And the higher and thinner the plane of existence, the closer and more accessible the Kingdom of the Silent Witness, the easier it is to get in touch with it.

1955-371. We live in a world where every phenomenon is dual. Many phenomena extend over time, such as the life of a person. Youth and old age are its poles. Rejoicing in earthly successes and everyday affairs, we irrevocably and inexorably doom ourselves to sorrow when the inevitable pole of failure is revealed. One can free oneself from the power of sadness only by mastering the pole of joy. When dispassionately meeting the phenomena of life in their prosperous aspect, a person asserts his power over the opposite pole, and consequently over the duality of phenomena. That is why the human world is called the world of Maya, each flower of which has thorns. This is exactly what the flowers and fruits of astral feelings and emotions are like. You can see how some children easily and quickly go from crying to smiling and vice versa. This is very typical of infancy or youthfulness of spirit. All of person's emotions and feelings are dual. Giving free rein to any of them, we call to life and affirm their opposite pole. Any unrestrained expression of feelings is unacceptable, for it is not a person who owns them then, but feelings possess the person. The clown in the person is strong, ready to come up at the slightest pretext, driven by the tendencies of the astral plane to manifestation.

1952-320. We are sitting on the shore of Eternity, and in the moving stream We see elements that can enrich and expand consciousness. But why identify with this motion picture? In the movie theater, no one does this even though they may cry and worry, because they know that there is nothing apart from the combination of light rays: everything is Maya of appearances and a fictional reality. Everything is there and nothing is there. The difference is this: The film of the flowing Maya moves throughout the life, but its essence remains always the same. Combinations of elements create the illusion of persuasiveness and reality, but the film moves on and carries before the mind a tape of phenomena that are and are not, that flicker for a moment and then are carried away into the past. But We are outside the phantasmagorias of Maya. It is necessary to separate Me and My world from the world of illusions that go into the kingdom of oblivion. Let us not be mistaken, applying this measure, for everything that is of My world is the most necessary.

1962-100. Where are we to put the demarcation line between reality and Maya? Everything that is visible and audible and tangible in emotions, feelings and thoughts is all Maya. What is behind them is reality. Communication with Me and My closeness and the connection between us are reality, but not Maya. The surrounding world is reality, the idea of it is Maya. Man lives by it. My world is the world of really existing. You cannot enter it right away. You can throw off the veils of Maya only by gradually freeing yourself from the power

of the sheaths over consciousness. The knowledge of spirit, which is beneath the sheaths, is no longer Maya, but reality, already a method of direct cognition of real phenomena.

The process of liberation from the power of Maya and purification of the sheaths can be carried out consciously and systematically. We are called Teachers, for We teach people to free themselves from the power of Maya over them. A disciple is one who comes to Us voluntarily in order to cognize the Truth, that is the real existence, and to free himself from the Wheel [of life]. If his past gives him the right for it, he is accepted. If not, but he knocks with all his heart, We indicate how he can approach Us later when he is ready. We accept each knocking one in one way or another and We are looking for those among the multitudes of people in whom fires are kindled and generate the Light of striving. We say to you: The path is open, you can approach Us, but strive, but desire to get in touch with the Light. Nothing is given for free. You have to pay. We are ready to help every striving spirit. Come to Us, everyone who wants to escape from his prison in which his consciousness dwells. We will meet and help everyone to find a narrow path leading to life. Finally, understand that by concentrating your life and all its interests in your temporary, mortal and transient sheaths, you yourself doom yourself to death, for you will be left with nothing when all sheaths are thrown off successively, one after the other. In what and with what will you live when you have nothing to live with? But having cleansed your sheaths and affirming the power over them and the knowledge of spirit, knowing the reality of existence, you will collect in yourself the elements of the imperishable, the elements of immortality, that are deposited not in the sheaths but in the Higher Triad of your essence, so that your consciousness has something to live with when all the sheaths are discarded. Come to Us all. The approach is not prohibited to anyone. We are waiting for you, who are striving towards the Light, and open the gates, but only at a knock. A person must strive, knock, seek, achieve, and then we Open.

1955-538. So, I say that it is necessary to build on a firm foundation rather than on the experiences and sensations of the astral plane, not on the fabrications of the mind, but on eternal imperishable foundations. The eternal in the temporal must be found and the eternal must be given priority. Sutratma is an actor who constantly forgets about this and takes the temporary scene of life and temporary roles for reality. Those who do not know may be deceived by the illusions of Maya, but the knower must encounter its waves, not for a moment forgetting that all this is just a play on the great stage of life. Why take ghosts for reality? Tragedies, comedies, and dramas take place on the stage of the dense world of current earthly conditions. My friend, do not take the mirage of Maya as the unshakable basis of life, for the collapse of the temporary construction in the realm of appearances will be crushing.

1960-92. Being drawn into the flow of Maya, one forgets about reality. In its depths, spirit knows that each successive incarnation is a stream that it must cross in order to re-enter the shore of the Supermundane World. It is good when the understanding of this begins to take root in the earthly consciousness. This understanding can be cultivated consciously in the everyday life. Looking at everything that happens around, one asserts hourly that "even this will pass away." Otherwise, there will be no separation from the earthly. Without getting off the earthly ground, one continues to drown in the illusions of Maya in the Supermundane, ending up with the illusions of Devachan, but Devachan is not reality. An ordinary illusion, e.g., a cinema movie, shows how people are greedy for even artificially created illusions. One knows and understands it is an illusion, but still cries and worries, looking on the screen at what is not.

The yogi lives in the world of reality, rejecting Maya in all of its forms. Hence a different attitude to life. Hence the feeling of infinity and the sense of the higher Worlds. On Earth, one should live an earthly life, but nowhere is it indicated that illusions should be taken for reality. No matter how good a movie or a play in the theater is, the viewer still remembers that this is just a theater. Likewise, in life, one should remember that life is an earthly scene and the sutratma is an actor. And one should always remember this, even in the most tense and ardent conditions, for everything ends. It is with this consciousness that one must go through life, remembering the supermundane life for which man prepares himself on Earth, in dense conditions, separating the really existing from what appears on Earth as such.

1960-298. Maya of the earthly world, astral Maya, Maya of the mental world - all are of the same root. Enough has been said about Maya of the dense world. Astral Maya is more complicated. It also appears in the dense world, but in the astral world it puts on forms, and the eye of the deceived person takes it for reality. Those who know something, take advantage of the ignorance of those who come there and meet frightening newcomers in guises or create ghostly forms of all kinds of thought around them. Their task is not to let the victim out of the circle into which they have drawn it. Seeing in the aura the weakness of spirit and its attraction to lower phenomena, they create forms and mental images that seduce him, pushing him to merge with them for immersion into them. And many cannot stand it, take the poison of seduction, and are drawn into the funnel-shaped vortices of the astral plane. The masks from the villains can be ripped off, the phantoms of seduction can be burned with the help of thought, and the victim can get rid of glamor. The images and forms created by the disembodied entities are also a form of Maya, for they exist only in space, having no foundation on Earth. The inner world of every inhabitant of the Subtle World, expressed in forms of thought, is also Maya. All kinds of delusions of thought are framed there. To submerge in them means to sink in things that have nothing to do with the true being. Light, Hierarchy of Light, Carriers of Light are outside of Maya. Approach through them the world of the real that is founded on Beauty.

1961-504. A disciple has to learn always and everywhere and everything what is needed on a long journey. Life is a school, the best school in existence, and the opportunities to learn from it are endless. The teacher gives the lessons necessary for assimilation and teaches reality with vivid examples, otherwise how can one learn to distinguish reality from appearances and Maya from the essence of life? It is Maya that is the best example of the transitoriness and temporality of dreams and illusions of dense existence. They vigorously assert themselves, manifesting their appearance, but an experienced traveler on the path to Infinity will say that all this is Maya. But the Teacher is not Maya, nor His teaching is Maya. The Laws of Cosmic life also are not Maya, nor the goal towards which the incarnated one goes is Maya. Hierarchy of Light is not Maya, too. All that We call the foundations of the Teaching of Life is not Maya. Therefore, we call them the foundations because in the fog of illusions of deceptive Maya one can rely on them, one can assert them and, having made them the foundation of life, never discard them. In the midst of the constantly changing phenomena of the external world, as well as human thoughts and feelings, they are imperishable and everlasting. They are equally needed on Earth and in the worlds. A man without them is like a reed in a stormy sea. Therefore, I say - affirm the foundations. Even the knowledge of Earth is transitory, but the foundations are eternal. The Cosmos is based on them, the evolution of mankind and everything that is in its stream are built on them. The entire future of the planet is built on these foundations. Therefore, I say, take care of the foundations. They cannot be destroyed. The sun will pass away and the moon, but not the foundations. They can escape human understanding, but they themselves remain in all their unshakable, abiding truth of eternal and timeless being. Study the foundations, for the Stone of the eternal foundation of life rests on them.

8. Earth as a Field of Life and Labor

1967-505. Only the rarest spirits, having completed their path on Earth and taking from her everything that she can give, leave for other, higher planets. All the rest remain on Earth, connected with all of humanity and bearing responsibility for everyone. Whether people like it or not, one cannot escape responsibility for everyone and sharing the fate of all mankind as a whole. This connection is very strong, and the dependence of a person on other people is great, and it is impossible to get rid of it. Even if you go into forests, deserts or mountains and do not use anything that is created by the hands of other people, it is still impossible to isolate oneself from the spatial saturation of Earth's aura with human thoughts and emotions. Man is part of the world, part of Earth, and he bears the burden of human beings. Being part of the whole and taking a voluntary or involuntary part in its life, everyone can bring light or darkness into the structure of this whole and lighten or burden the overall karma of the planet. And everyone can ask himself what his contribution to the common cause is, - is it good or bad, small or great. How hard it is sometimes to feel the saturation of space with darkness! This is not a personal burden, but a planetary one. Everyone is responsible for the intentions of all. If we understood this, if we tried to improve and lighten up our contribution, life would be much easier and evolution would flow faster.

Too many delays, and too great ignorance, and damaging denial of the Fundamentals. Inexpressible horror, which cannot be imagined, would have reigned on Earth, if not for the Great Guardians of the Hierarchy of Light. Some may ask: "How what is happening on the planet now is allowed to happen?" Evolution is voluntary, the will of a person is free, so to deprive him of this freedom would mean to take away his future, for only in struggle and free striving towards the Light can the human spirit develop and ascend. World cataclysms that destroyed entire continents and their populations have visited Earth more than once. This was the reaction of the elements to the deviations of mankind from the path of Evolution.

1967-288. The task of humanity on your planet is not only to rise by itself, but also to transform Earth. The higher the level of culture, the more opportunities for the transformation of the face of Earth. But, engaged in the creation and organizing of the Earth garden, people are faced with many difficulties and inertia of dense matter. The plasticity and mobility of the matter of the Subtle World, which is also built and transformed by man, greatly facilitate the transformation of that wonderful World and make it possible to quickly improve its forms. The main active force there will be thought. True, at the present time people are more busy disfiguring it and filling the lower layers of space with images of darkness and destruction. Each pure, light, beautiful thought brings into the Subtle World elements of Beauty and transforms the sphere in which it acts, but the evil thought causes darkness and decay. People work a lot to create both the beauty and ugliness of the Subtle World, often not even suspecting it, not thinking about it, and even denying the existence of this great World. But everyone is a creator. Each thought manifests in the Subtle World and lives in it. That World is filled with these mental images, which are not visible to the physical eye. From its lower strata to the highest shining spheres, everything is filled with the products of human mental activity. And if one person in the course of one earthly life releases into space from the conveyor belt of his consciousness an uncountable number of thoughts, that is mental images, then how many of these thought images by all mankind as a whole have been created during the existence of mankind on Earth! It is good that many imperfect mental forms lack durability and decay over time. But it is still hard to imagine what the Subtle World is filled with from bottom to top. Everyone will find a place and a sphere to which they will be magnetically attracted according to their similarity. The one who created beautiful images will find himself in the sphere of beauty. Anyone who created images of malice, darkness and ugliness will find himself in a sphere

that is consonant with his creativity. But the task of humanity is to transform both Earth and the Subtle World in accordance with the principles of Beauty and Light. Everyone can begin to fulfill this task individually, making their own contribution of beauty to both dense and invisible building work. Both that world and this one need reorganization and transformation. New Earth and New Heaven are not clerical concepts, but the demand of Evolution. Everything that opposes it, fights against it and does not obey it, will be ultimately swept away by the advancing wave of Evolution. Therefore, We bear witness to the doom of the old world and the victory of the new one. An era of great transformation of both Worlds is coming. Let us bow our heads before the Order of the Cosmic Will.

1967-372. People filled the world with disharmony and bustle. This interferes with the life of spirit and delays evolution. Transformation of life is necessary. New Heaven and New Earth are symbols of transformation. The old world is doomed because it bounds spirit in chains. Salvation lies in the establishment of a New World. Old world, perish! But it does not want to perish and fiercely resists, contributing to the forces of darkness and destruction. Like the surf, waves of darkness and decay rise, raising everything that is low and unexplored in people, everything evil, all cruelty and inhumanity. The last attacks of darkness will be especially violent. The dark ones are ready to do anything, up to the wildest recklessness, just to prolong the agony of their existence on the planet. They have many supporters, and again they raise their heads, trying to cause an explosion. You need to be prepared for an aggravation of events and new intrigues of destroyers and their conscious and unconscious helpers.

1967-374. Humans propose, but We dispose, for We know the course of evolution and direct the main course of events. They will be quite unexpected and not at all in the way that the enemies of the New World suppose. Keep calm and feel with an aspiring heart that the deadlines are near, that the world is at the last line. And when the hour strikes, the Hierarchy of Light will demonstrate all its might. We let everyone reveal themselves and thus determine their definitive affiliation with the Pole of Light or the Pole of Darkness. Time of great events and great accomplishments is coming. We are gathering under Our Banners all who are capable of standing up to defend the New World. The time of the great and final division of humanity is imminent.

9. Earth as the Temple of God

(Extracts from Concordia Antaroova's *Dve Zhizni [Two Lives]*, Moscow: Sirin, 2001, Vol. 3, Part 2, pp. 399-400, 422-423, 436-438, 473, 475-476)

1

A great change has taken place in each of you. This night, none of you has any personal desires or personal perception of the work that is intended for you to soothe, ease, and beautify the life of people you encounter. But this is not now the central point of your transformation. Your stay with the Lords has shown you by experience what Earth is, who leads all the work of Earth, and at what height should be the one who strives, seeks and receives the honor and happiness of cooperation with the Great Head of Earth. Once you see His work, you can no longer treat Earth as a simple place of your birth and work. You know, and therefore for you Earth has ceased to be a place of happiness or unhappiness, a place of duty and responsibilities. Earth has become a sacred temple for you, for you know that it is His living workplace - the altar and shrine of all enlightened people. You can now live on Earth only as in a sacred temple, where every minute of your labor flows as a praise to this sacred temple - Earth. All your previous notions about good and evil, about punishments and rewards, about the future and the past, about choosing exquisite positions and places of work for yourself - everything fell apart. You saw with your own eyes that the whole Earth and everything on it is only the work of God. And from now on, you are called to share this work, carrying it in yourself and knowing how you approach the altar of the temple of Earth that is now sacred to you. Entering this night into a new orbit of movements of creative forces, let everyone keep in mind the beginning of their path, the beginning of their searches. Remember that you were not always strong. Love has not always won you over without irritation and bitterness.

Your strength is the knowledge that Earth is your sacred temple. This power will protect you from all evil raids. From all attempts to trample in the mud the knowledge that you are destined to bring to people. And the gap between you and people will not widen but will narrow only when you work in the temple of Sanatkumara - on the sacred land. Do not forget the path of your victories, where you have always won in love, and be indulgent to people who are looking for and wanting but cannot achieve harmony of thought and heart. The gap between you and them is for you the greatest thing that you know on Earth: God's workplace. It lives in each of you if you remain pure to the end.

2

You witnessed the true majesty of Divine Love poured out to Earth. No matter for how long and where each of you may live, do not forget this minute, the minute of happy participation in the work of the Great God, the Living and Mighty Protector of Earth, Sanatkumara. There can be no question of "debts and obligations" for those people who had the good fortune to see the action of the Divine Power, its work on Earth. These people have already done away with the prejudices and superstitions of elementary ethics. They have no "I must" attitude. They have one joy beating in their hearts: to give to those they encounter vigor and understanding that every minute of life on Earth is happy living in the Eternal. For them, there is no longer a division of words into false and true, deeds into important and unimportant, people into necessary and unnecessary, for all these notions

belong to earthly prejudices. And the true elixir of Life is a thought that permeates all human actions: everything goes in the Eternal, just as Eternity goes in everything. According to this perspective, there are only people who know and do not know, who go after knowledge, stop at one stage or another, live in one or another force of happiness and unhappiness depending on where they came in their knowledge and what they achieved in it. Carry unyielding steadfastness in your hearts and always be aware that your hearts are a bridge over which the Power of living Harmony can meet your neighbor on Earth, directly descending on him through the bridge of your harmony.

3

I told you that the greatest of human active forces is thought. If a person has achieved self-control, his thought has leveled off. It no longer shows those jumps and zigzags in which an unrestrained person was trapped. The self-control of the hot-tempered is threatened by everything, up to any insignificant external obstacle. A person of complete self-control can dispose of his thought just as calmly, without being embarrassed by any distance, as he disposes of his speech in physical communication. But this also requires the purity of his devotion to those to whom he sends his thoughts, and complete liberation, and you know that liberation and joy are synonymous. But to know in theory, in thought, in an idea does not yet mean to know in truth. He knows the essence of the Truth who is before It, in It and acts for It. Having got used to acting in Truth, a person ceases to distinguish between two worlds - Earth and Heaven; then for him there is only one new world, the world of the merged Heaven and Earth in which he lives, thinks, and acts. A person can embrace this psychic mindset only when he has lived for a long time, affirming himself and his fellow humans by living in two live worlds - Heaven and Earth. This preparatory period, leading to life in a merged world, to action in the common creativity of the One Life, lasts for every creature as long as its path of developing the wholeness of thought goes. Impure, not fully thought-out ideas lead a person into a muddy, compromised existence. And the snatched bundle of other people's thoughts and ideas, not experienced as the experience of a simple day, brings irreparable harm and misfortune to a person's life. He "seeks" a kingdom of happiness, does not find it outside, and blames the people around him for the inability to live in peace with himself; in fact, not being able to create peace in himself and give it to them, he complains and feels unhappy. In noisy crowds of people, where many of you will go with me, always look in yourself for the beginning and end of your unsuccessful communication with people. But you, who remain in this pure and wonderful land, remember how I explained to you the power of thought. Do not exclude from your attention those from whom you are separated today. But, working on the integrity of your own thoughts, send to your departing friends your power of the ability to think in a new way, in complete integrity to the end. Do not think that it is possible to enter into cooperation with the Teacher only because "the Teacher is calling." "Many are called, but few are chosen" - this has been said long time ago. If any of you received, in one way or another, a task or instruction from the Teacher, and instead of using every minute of your time to work on yourself, constantly striving to achieve the greatest wholeness in thoughts and to translate habitually concentrated thought into action, he will begin look around and say: "Of course, I cannot live in peace with these people. But I cannot not because there is not enough peace in my heart. I am exactly peaceful, but people who live next to me do not support me. It would be enough for them to utter one word of command - and the rude people who come across me every day would become the most peaceful and polite with me. And of course, then I wouldn't have any problem living with them in peace," [that would spoil everything]. You are laughing. And I would be ready to laugh with you if the example of spiritual squalor I gave were not a very frequent occurrence among the everyday life of those countries where you will go with me. There such people consider themselves to be "following" the Teacher and "honoring" Him, and it is there that you are destined to grow a true culture of spirit.

4

Life is an action every minute. It is a perpetual motion, aiming at the regularity of the universe and goal orientation in it. In the true sense of the word, only he lives who enters this Eternal Movement as a harmonious unit of it, who has incorporated its rhythm into his labors and actions. There are no pauses in the running of the

Eternal Power, just as there can be no pauses in the actions of those who consider themselves a real human being, that is a spark of the One Life. But in order to enter into labor - the overall labor of the universe - it is necessary that the eyes can clearly see, the ears can accurately hear, and the heart clearly beat in the rhythm of the One Eternal Movement. I said: The eyes that weep cannot see clearly. Likewise, the ears of those who complain, lament and hear only the despondency of their own hearts, cannot hear the call of Life. The heart, beating in a minor scale, beats monotonously: "I, I, I." Such a heart knows only the fear of the future and the tearing longing of the past. But it is unable to see or hear the current minute, fleeting "now," because due to groans and fears about the nonexistent past and no less ephemeral future, it is dead for the moments flying by, that is for true Life.

5

You need to understand that your whole day of labor, which you begin and end with tears, does not exist as a piece of your eternal life. This is just a useless pause for ignorance which does not understand that every fleeting moment of Earth's life is a moment of Eternity. But it only happens to those who live in full consciousness of their inseparable connection with the Eternal Motion. And this connection can only be expressed as cheerfulness, kindness, and reconciliation with their circumstances. One may be unable to rise to the greatest revelations of the spiritual world, although they are available to everyone and there are no barriers to them. But if you do not reach the elementary understanding that Earth is a place of work, vigor and energy in kindness and peace to your neighbor, you cannot enter the path of Light, even if you prayed and cried all your incarnation in temples, at the feet of all the saints of the Heaven.

We must understand that life is given for action on Earth, for applying all our forces of kindness and joy to its deeds. We must clearly understand that there is no separation from people. There is only One Life, the rhythm of which beats in all hearts. Each heart beats and rings with its own note, but this note falls into general harmony only when it expresses cheerfulness, kindness, and joy, that is, it finds a way to join the rhythm of Life. Strive for liberation, since only one who is free from the burden of one's own passions can hear the rhythm of Life and feel like a unit of the entire universe. The first sign of joy that you recognize in your heart will also be the first sign of your beginning liberation.

10. Personality

1971-785. The person's goal is to master the physical body and all other sheaths, also called bodies. Each person in the process of his evolution has reached a certain stage of this mastery. These steps are different for all people. One is a slave to his body and sheaths, the other is a master. One is the lord of his physical body, the other perfectly mastered the astral body, the third, the mental body, the fourth, all bodies, but to varying degrees. There are a lot of slaves to their astral sheath. The disciple strives to ensure that in each of his incarnations it is possible to advance further towards subordinating all his vehicles to will. They do not immediately obey, but the disciple has at his disposal all the time that is. Every day you can practice all kinds of self-mastery, from the smallest to greater and the greatest. It is important to understand that the person himself is the predestined ruler of all his temporal envelopes. But he can enter into the rights of his power over himself gradually and systematically, without violating the harmony of the extreme complexity of his apparatus. Hatha Yoga savages try to gain control over the physical body by means of unacceptable extremities. As a result, the preponderance falls on the dense body, which is amplified one-sidedly and inharmoniously. Ascetics of the past tried to master the astral plane, torturing and tormenting the physical body. Many absurdities, extremities and incongruities were allowed by man in his spirit aspiring to rise above the flesh, but few thought about the all-round, lawful, harmonious development of the human microcosm. The Teaching of Life indicates the path of Fiery Yoga, when all the sheaths, all of the person's bodies are being developed consciously, and mastering them goes naturally and evolutionarily, but not forcibly and one-sidedly. Every day the student is given an opportunity to strengthen something in himself, to subjugate something to will and, affirming the primacy of the spirit over everything that clothes it, walk confidently and consciously along the path of ascent and growth of the power of spirit.

1959-85. Even thinking and talking about oneself in the third person is helpful, if only to separate the temporary in oneself from the imperishable. This temporary creature can be given various instructions and orders. It must fulfill them, for it is subject to will. Order-giving is separate from execution. Often the executor does not want to obey the order, and then the presence of two principles in a person is clearly seen. The owner can make a tired body work and perform thousands of tasks. He can send his body to the end of the world or have the body to perform a heroic deed. The body is already trained to obey in many ways. Everything that it does during the day at work or around the house, it does by order. If you look at a person who has become a swimmer, an acrobat, or at people of various professions, you can see what level of virtuosity a person's ability to control his body and make him perform very difficult and complex tasks may reach. If you combine in one person everything that has been achieved by different people at different times, you will get something wonderful and extraordinary. This means that all these possibilities in a potential state are inherent in the person's essence. But, besides the body, there is the area of spirit and spiritual achievements. Some examples are the skill of an artist, writer, musician, etc. To this we can add the wonderful abilities of yogis: clairvoyance, clairaudience, walking on fire, lifting into air, mastery of the astral body, and endless other achievements. We see that a person is something that deserves deep study as the focus of the unusual. So, we will look at life as a manifestation of the miraculous and unusual in everything that seems ordinary, in order to transfer everything unusual into life and make it wonderful and full of marvel.

1961-113. The three lower sheaths correspond to the three worlds. The earthly body returns to earth, in the same way as the astral and mental bodies which have served their time. The earthly body is temporary, just

as the other two ones are, and only the fiery body is beyond the time frame. It is a timeless and eternal abode of spirit. Whoever puts his home in an earthly body, limits himself to the duration of earthly life; who places it in an astral or mental body, also sets a limit to his life, for although both these sheaths live longer than the earthly one, spirit throws them off and remains only with that what is placed by it in the immortal fiery body. All the lower three ones are mortal. Consciousness, dwelling in them, can bind itself to any or each of them and, fastening itself to one or the other, limits its existence to the terms set by the lower body or bodies. Although the stay in the subtle and mental bodies is longer than in the earthly one, it also ends with the death of these sheaths which are thrown off like a physical body. Three deaths await an incarnate being. Concentrating everything in the earthly body and denying the possibility of existence in a subtle body, a person dooms himself to the death of consciousness in that sheath and does not have life in the Supermundane, has no conscious life there. In the same way, he can die and be resurrected for life on the higher planes, the subtle and the mental. But true immortality resides only in a fiery body in the Fiery World. If the elements of the eternal are collected in the fiery body, in the Higher Triad, while still on Earth, this builds an abode for spirit, the house of spirit, and consciousness has something to abide in and manifest itself in life. When the fiery body is formed, conscious immortality is achieved already on Earth, and the continuity of consciousness, despite the change of all sheaths, becomes an inalienable acquisition of spirit. This is the acquisition of eternal life. Denying it, a person condemns himself to death, for in the Supermundane World life is lived according to consciousness. A person who accepts the conception of eternal life and immortality of spirit becomes truly immortal, for he asserts his conscious being in the invisible worlds.

The fact that life is lived according to consciousness is extraordinarily important, for it gives a person the key to immortality. It is said that according to your faith will it be given to you, that is according to your consciousness. And that which you affirm here will be affirmed there, and that which is rejected here will be rejected there. The state of immortality is a just state. A person lives by what he brought with him and what he has accumulated. The richer and larger the harvest, the richer and more varied life. It may also happen that, having thrown off three sheaths, a person finds himself with nothing and has nothing to live by since he did not accumulate anything and did not bring anything with him. To harvest, you have to sow. Each grain in the Supermundane World, even the smallest one, will give its sprout and its fruit. The earthly cornfield is not suitable for wonderful seedlings, but there in the Supermundane World they bloom and yield twofold, threefold, tenfold, and more. Thus, small seeds of the elements of immortality, carefully collected on Earth, will turn out to be priceless treasures in the Invisible World. One must learn during one's earthly life to distinguish between the essence and duration of the elements that make up person's inner world. Most of the consciousnesses are filled with the elements of Earth. It is the mental environment of a person, of one duration or another, that sets the limits of the life of consciousness. The extent of his life is determined by thought. And thought can lead a person either to a dead end called death or to the shining expanses of Infinity. For by his thought the person affirms life or death to himself.

1950-3A. Observe the movement and life of your sheaths. You are their master, not a servant and not a slave, and you have been given authority over all flesh, over all your sheaths, in order to rule rather than grovel like a reptile. You are the king of your spirit, you are the lord of your power - not a slave, not a slave, not a slave. Mercilessly, without any pity, crucify your sheaths on the cross of the risen spirit. Crucify, subjugate and take possession of them. Give no mercy for a moment. Don't show weakness. Keep in mind that they are always ready to pounce on you and make you a slave again. So let the spear not slumber over the dragon.

1951-58. The impact of freedom on the human psyche. You cannot be born free. You have to become free. What does it mean to be free? To be free means to get rid of the limitations of flesh and spirit. How and by what means is this freedom achieved? Man is held captive by matter. First of all, in thoughts. Hence, first of all, it is necessary to free thought. Thought in the grip of matter is not free. Freedom of thought is the first condition. A person is freed by thought. The limitations of time, space, and things are limitations of thought. Hence, the fact of the matter is overcoming time and space. Space is an illusion. Time is a sequence of phenomena. Spirit is timeless and beyond the limitations of place and things. We are timeless and outside of things. Detachment from the shackles of matter means the transfer of being inside, into thought. Thought is timeless and outside of things

- it is non-material. Thought is beyond the influence of time and distance. Thought reigns over the limitations of the physical environment. Thought is a symbol of victory. The condition for the all-round transfer of being into thought is the achievement of an Arhat, for thought reigns over the world. With the help of thought, consciousness, a person lives outside of time and space. Thought is not limited by anything, except perhaps by the consciousness of the person himself. With thought and imagination, a person can achieve anything: to be what he wants and where he wants. All infinite space and all worlds are open to human thought, as well as the past and the future. Thought can fly around the world. It is impossible to penetrate the far-off worlds in the astral plane; only the body of thought penetrates everywhere. The body of thought is the sheath in which thought and consciousness dwell. This is how we achieve the separation of human bodies and their separation from each other, the separation of human principles in consciousness. Consciousness determines being and separates [sheaths]. The physical body that eats, drinks and moves is easy to understand. It is flesh of flesh, a product of Earth. It is more difficult with the astral body. It feels, experiences, and suffers, feels warmth, hunger, cold, physical pain and other sensations and feelings closely related to the body. This is the lowest sphere of feelings, the sphere of the lower astral. Lust and passions are its lot. By establishing his power and control over the sphere of lower emotions, the Arhat frees himself from the power of the astral body and subjugates it to himself. The first necessary step to freedom of spirit is to curb the astral plane. This is a great challenge.

1961-304. The separation of the sheaths must first of all occur in consciousness. It is possible to act freely and according to one's will in each of them only if one does not identify oneself with them. After all, these are only the instruments of the I, the instruments with which it acts, and nothing more. Can an instrument have its own will and act as it wants? Awareness of this gives spirit power over that which is subordinate to it by its nature. The slave is afraid of the master, the body is afraid of spirit. Until this power is established over all sheaths, it does not make sense to talk about independent activity in them on the planes corresponding to them - this is out of question. A lot of perseverance is to be exercised and a lot of effort must be made to achieve those goals. And when one is inclined to give up in the face of the difficulty of this achievement, one may wish to recall that every step and every effort in this direction brings one closer to the desired goal. The goal is to master yourself. Mastering oneself is mastering one's sheaths, and all the time that is there can be used for this. Every day you can do something and then move on. The thickening clouds of darkness will not obstruct the path, for the goal is known and spirit knows how to follow the line of the Ray. Let the darkness not confuse spirit, for more than once spirit has already passed through it. The darkness will not go away until a complete victory over it is achieved; until then the dark deception will not cease. One has to rejoice that he is noticed by the dark ones, for this is evidence of the growth of lights and the radiant luminosity. They are dark and strive to disrupt and extinguish the Light. The only defense is the protecting net. It must be kept in perfect order. It acquires irresistible power with an established balance of spirit. One should pay attention to balance. You can always show some measure of it. In the microcosm, will should rule, regardless of external influences - this is what must be achieved.

1956-56. Spirit is free. Spirit is always free. Understand freedom of spirit as immutability. Freedom of spirit is an unconditional phenomenon, that is, it does not depend on conditions. Identifying itself with the sheaths, spirit loses its freedom, for the sheaths are not free due to the fact that they belong to the plane on which they are manifested. But spirit, although it manifests itself on different planes, does not belong to these planes, for the manifestation of spirit occurs through the sheaths. Spirit can be in freedom or slavery in its sheaths. The submission of spirit to the sheaths is a blasphemy against the dignity of spirit. I want to give an understanding of spirit beyond of its connection with temporary sheaths. Consciousness is a product of a combination of skandhas. Spirit is above them. When consciousness is transferred to the domain of spirit, it assumes the quality of continuity. Personality is created by skandhas. This combination is a temporary phenomenon. One must realize oneself outside the sheaths. The quiet of Silence, when the sheaths are silent, will show that it is possible to experience it as reality. Consciousness can be raised into the area of Silence. There reigns a spirit free from sheaths. Consider calm of silence as the gateway to the kingdom of spirit, to My kingdom, to the kingdom of Light.

1956-915. Let the difficulty of the present hour not overshadow the future. After all, the passage of time is nothing but an irresistible approach to this future. And in it, there is everything that a person wants to become and what he wants to achieve. In the present, paint yourself as you wish to become in the future, and you will be so. From this future image of yourself in the present you will draw the energies needed to become just such in the present, to some extent. The face of the future is shaped by the fiery creative energy of thought. You can merge with these energies in consciousness and, drawing from them, create yourself in the image outlined by the creative thought of spirit. Thought creates a fiery image of what a person should become. This creative process of will is readily available to everyone. It may become the best teraphim creating a new person. The fiery image will then become mental and will acquire a denser form on the astral plane. It will be a three-dimensional teraphim of extraordinary power if it is strengthened with rhythm. Add to the rhythms of prayer the rhythmic creation of this teraphim and transformation of yourself. The impossible now becomes possible. An Arhat must see oneself possessing all the qualities of spirit that are so difficult to affirm. I give you the key and the lever to accomplish this inviolable achievement. With your rhythm you will achieve the miracle of becoming your ideal. In Me you have a prototype of what you need to strive for and what to achieve. There are many intermediate steps, and each is achievable, but in a rhythmic sequence and by power of rhythm. Since rhythm is the foundation of Cosmic Life, it is impossible to achieve without rhythm. By rhythm, you will achieve what otherwise is impossible to achieve.

1954-429. Render unto Caesar the things that are Caesar's, but, giving the earthly things to Earth and being a son of Earth, a son of man, the person must not for a moment forget spirit encased in the matter of the dense world, that spirit is above everything and above all, and that the bright and sonorous songs of Earth should not drown out the knowledge of spirit. To achieve this, they used to retire to the seclusion of a forest or desert, and there, in solitude, they found the strength to resist and defeat the offerings and power of Earth. Today, earthly exploits are being accomplished in the midst of earthly life without leaving the world. This is an enormous challenge: what to oppose to the strong and persistent vibrations of the environment, how to isolate one's essence from fierce influences, and how to stand fast. You need to resist, and not only resist, but also move on. The solution is in thought. The emphasis is on thought. The kingdom inside can oppose the outside world and thought can protect it.

What can neither burn, nor drown, nor die? Spirit. The solution is therefore in spirit. Rise in spirit against the onslaught of dense conditions and find in spirit a sole point of support. Salvation is in spirit, but not in the flesh. Matter is not the master of spirit, but a phenomenon subordinate to it. It can rule over the slaves of spirit, but it has no power over the king of spirit. Spirit, having understood its right and its power over matter, asserts its freedom from matter and its right to rule over it. We come again to the same thing - the necessity and inevitability of the affirmation of this power over all types of matter and energy that make up the human microcosm. A person is called a microcosm because all those elements that make up the Macrocosm are included in the person too, and therefore power, asserted by the person within his world, automatically extends to the same energies and elements in the Macrocosm. Therefore, he who conquered himself, who subjugated himself, will be the conqueror of the world, that is the ruler of all types of energy and matter, both in himself and outside. Many people do not seek victory and power through themselves. This is a mistake - there is no other way. The formula remains unchanged: "He conquers everything who has managed to conquer himself".

1953-138. In some schools of secret knowledge, the student at a certain level was ordered to go through life without having the right to raise his hand in defense of himself. It amounts to voluntary crucifixion of his external, lower "I." He had to endure insults and even blows in silence and humility. The astral was not allowed to raise its loud voice when her majesty self was trampled under human feet. This was the school of curbing the lower sheaths and the method of subduing them. And not so much outwardly he was not permitted to answer word for word and blow for blow, as inwardly the astral serpent was not allowed to raise its head and sting. This discipline is difficult. Few endured it. But the stage of curbing the astral plane must be passed. If people insulted you, you must keep silent inwardly. They show outrageous ingratitude or injustice, deceive you, infringe on you, you suffer thousands of small stings, offenses, and bites, when your whole being resents, but ... you have to shut

up inwardly, you must not allow the astral vehicle to sound on a habitual note. We must not give it food, so that he complies and dies, deprived of food. An Arhat does not need the astral plane, so he must extinguish it. The age-old tyrant and ruler of an imperfect old man is sentenced to death as it is no longer needed.

Those people who think it is bad taste to display personal emotions are right. In fact, this is not a bad taste, but a shame to reveal your slavery in the eyes of your neighbor. You cannot be proud of a state of slavery. A whole skein of personal thoughts, feelings and sensations will have to be thrown out of the sphere of your microcosm, and it should be done consciously. Calm is the foe of the raging astral. Restraint, equanimity, and balance are a muzzle for an unconquered animal shell. Achieve self-restraint and power over yourself by all means. And if earlier people went to extreme lengths up to the point of self-torture and savagery in order to subdue the beast, then now the right way would be using the bridle of spirit. Do not give it food, do not indulge its feelings, shrink its sphere of activity to the limit and extinguish its rage. It is difficult to understand your lower "I" as not "I", as something unnecessary and hostile to the higher "I." It is worth looking at people in the dens. Whom do they serve, whom do they please, who do they destroy in an atmosphere of lower emotions saturated with alcohol vapors? It is necessary to understand who the enemy in us is and what the enemy is. Astral is doomed, as well as its expression, small personal "I." The light of the Higher Self is to be affirmed.

1953-482. Is not a victory of spirit and the affirmation of its properties a victory over the flesh in spite of dense conditions? It is worth to learn to transfer consciousness into the sphere of spirit completely and to be aware of oneself as a spirit, but not a body or bodies. True being is in spirit, but not in sheaths. The body is not spirit, the astral is not spirit, the mental is not spirit. Spirit is you who are everlasting. It is out of time, out of form, without color, without a name, and without human nicknames. Your suffering soul is the sheath of spirit. Spirit is above it. Take time for the affirmation of the essence of the spirit in yourself. You are the spirit clothed with sheaths for manifesting yourself on the corresponding planes. The body is not you, but your instrument to see, hear, smell, and touch the dense world. It is through the body that the spirit is manifested on Earth. You cannot identify yourself with your clothes. Power over the body will be born from the awareness of the latter. Your earthly purpose can be fulfilled only through the medium of the body which is obliged to serve.

The body can neither doubt nor hesitate. The mind fluctuates and the body always unquestioningly fulfills all the orders of its master. Disobedience does not nest in the body, but higher. If you need to go somewhere, but the body does not want, it is not the body that does not want, but the astral. The body neither wants nor does not want, the body only obeys and does not reason. But the headstrong beast, the astral, rebels as it wants. Desire is a feature of the astral. It is necessary to understand the features and essence of each sheath so that the push of will is directed precisely at the desired sheath. The astral is uncontrollable - like a naughty child, it does what it wants. The astral must be subdued. You can even try to conduct a conversation, a meeting with a friend, the work of the day, or spend the whole day without emotions. You can direct yourself to turn off this rebellious creature for a certain time of the day. Deprived of food, it gets weakened. The body feeds on food, the astral, on emotions and experiences. You can draw in your imagination whole pictures or events of life when consciousness turns off this unnecessary sheath from its sphere. This aggravating principle can be completely excluded from the eyes, from the voice, from the gestures, and, most importantly, from thoughts. You can compare words saturated with emotions or passions; you can compare the same words spoken dispassionately with those saturated with fire. Astral passion should not be confused with fiery intensity. Many people mix them up. The astral whirlwind is a cart of empty cans: a lot of noise, but no value. The taming of the astral is carried out by turning off this vehicle from the life of consciousness, which is becoming more and more commonplace and deliberate, until it becomes consummate and irrevocable. Unwanted clothes are thrown away and no longer used. The astral is subject to the same fate - it is abolished as being unnecessary.

It should be noted that all negative qualities, such as resentment, irritation, fear, anger, envy, and so on - all these are nothing more than manifestations of the same eternal enemy that puts on different disguises as needed. It doesn't care what to put on, just to saturate its insatiability with some kind of emotion. Suppressed in one case, it will certainly manifest in something else. And it will certainly find an excuse for itself, behind which it will hide his essence. A person will give all the imperfections of the surrounding people or difficult conditions as a justification, but he will never find courage to admit that the outbreak happened not because someone said or did

something, but because the ancient serpent raised its head in him and stung its carrier. It's easier to hide behind others and your next frenzy. Therefore, he who shows mercy to his enemy does not know. The astral is governed by thought, but not vice versa. And only thought, freed from it, at least for a while, can curb it. The astral works in flashes, but impassive thought is calm and flows smoothly. That is its strength. The curbing of the astral plane is laid out in silence by calm thought that creates in advance the framework for the manifestation of human activity in all sheaths. Thus, one sheath assumes control over the other in steps. And spirit is above all. Fiery power over all is transferred to it.

1953-92. There are people who have bridled the astral principle, the degrees of bridging of which are manifold. But this is only one step forward. The mind also requires control and mastery. Mastering the mind is more difficult than mastering the astral. In an ordinary person, the mind does not do what its owner wants, but what it wants. It becomes a duality: a person wants to think about one thing and focus on something specific, but the mind does not want this and flies from one subject to another as it pleases.

In a person's own microcosm, each principle strives for its own affirmation and manifestation, and person's essence is torn between the three. How do you manage them? Enough has been said about the astral, but the state of the mental requires further analysis. Why does the mind jump from one thought-form to another, even if the astral is silent? The mind cannot concentrate on the same thing for a long time, for this will give rise to monotony. A change of active centers or a change of work or subject is needed. This demand is legitimate. Therefore, for the normal functioning of the mind, it is necessary to avoid prolonged monotony in work, which dulls the work of the center involved. Then activity is transferred from one center to another, so the nature of the work changes. Therefore, We say: The change of work is rest. Also, there is no need to stop the aspirations of the mind when it wants to move away from the monotony of the environment and plunge into something new. This is the same rest and outlet. But mind-wandering is something completely different. The mind does not want to concentrate on the given task and constantly hurries to the sides.

A wandering mind, like a wandering gaze, is a completely unacceptable phenomenon in a disciple. All phenomena of psychic energy are performed with the help of the mind, controlled by will and fully subordinate to it. Will is born in order to rule over the mind, and the mind is born to obey it. This means that the first stage on the path of mastering the mind is the realization that it can be completely submitted to will and that if he is still rushing about, it's because will got fragmented and sent the mind in several directions. A monolith of will must be created before the mind can obey it. The will, fragmented in itself and directed in different and often opposite directions, is the originator of vacillation and instability of the mind. Therefore, before giving the mind this or that task, it is necessary to decide firmly, clearly and definitely what will wants from it. You need to have a clear picture or plan of the desired action of the mind and only then proceed to the task. Otherwise, duality cannot be avoided. A clear goal and a firm decision to achieve it is the first step; implementing, or the very process of implementation, is the second step. And, as always, you have to start small and with easy tasks. Success will materialize immediately. To approach a task without knowing firmly what will wants, means to doom yourself in advance to failure. There are lots of losers and failed actions. Even starting a business conversation, you can firmly and vividly decide, by will in your mind, its consequences and results. And usually they will coincide with the decision of will if it has been consciously set in motion. It is better not to take action if there is no firm decision of will. So, the mind is entered in advance into the channel, or framework, for its manifestation, and the more prominent and sharper it is, the more successful the results and the more productive the work of the mind. The wobbling and tossing of the mind come from lack of planning. The plan is a framework for the manifestation of the activity of energies of any nature, outlined and approved by will. Therefore, outlining a plan of action, one must ask oneself what his will wants and whether it really wants it. And where the seal of will is imprinted, there can be no duality of consciousness. The monolith of will, which is not fragmented in itself, is the beginning. It can be used to create and achieve.

1953-131. One needs a diet. The diet brings all components into a harmonious state. Sugar causes fermentation. It is certainly harmful. Oil interferes with the thinning of the nerves, especially vegetable oil. At certain stages, both are to be completely excluded. A certain regimen, watery and aerial, is to be established. The

pores of the body are nourished by water and air. Nutrition is enhanced with special-purpose balms. Body care is needed. The physical apparatus requires a certain amount of care and attention. In due time, everything will be specified exactly. Our medicines will also be indicated. The body must be strengthened and prepared for fiery influences. Prophylaxis is needed for all three bodies, depending on the structure of the vehicle: physical, astral, and mental. Physical one includes diet, ablutions, and balms; astral, an emotional regime and vigilance over feelings; mental, control over thoughts.

1952-505. Today we will be writing about the difficulties of self-control. Restraint, calmness, and the ability to control oneself are needed not in inaction, but precisely in action. In moments of tension of action and immediately after, control over oneself must be demonstrated. It is important to understand that human qualities are validated in action. Abstract qualities are of no worth. If calmness is affirmed at the upper limit of tension or at the height of anxiety, this is already a victory and, moreover, a big one. This is why we emphasize action. Only in action can affirmation occur. The disciple is provided by the circumstances with a whole series of actions to develop desired traits. A conscious attitude to the ongoing process is required. In the Gospel, the disciples were told that trials will come - must come as a result of the Word. The law is one. The energies evoked in the microcosm by getting in touch with the Teaching require approval, if they are positive, and elimination, if not. And the karmically conditioned environment immediately, according to the Law of Magnetism, creates oppositions, provoking the dormant energies of the microcosm to oppose those coming from outside. If we correctly interpret the paths of spirit indicated by the Teaching of Christ, it will turn out that such are the ways of affirming the strength, power and authority of the human spirit over all flesh, that is over matter. Ways of affirming the power of spirit over matter - so let's call them. For I have conquered the world and call to victory those who follow me. "In the world ye have tribulation: but be of good cheer; I have overcome the world." This is the law of life, and the path of life is the path to victory. The essence and form of external opposing conditions do not matter - they must be overcome in any form and under any guise, be it people or circumstances - it does not matter. It is very important to understand the meaning and purpose of the surrounding conditions allowed by the Master for overcoming. Having overcome in one form, they arise in another, more complex and refined, ready for new victories and ascents, for, as said, "the Kingdom of God is taken by force, and the one who makes an effort seizes it." It is said about the victory of spirit over the range of lower energies. Therefore, you, the overcomer, have to go boldly into battle, for I am behind you. One must learn to love this incessant process of overcoming oneself and winning. After all, in the end, it is not something outside that is overcome, as it might seem to an inexperienced traveler, but precisely oneself and precisely within oneself. That is why it is said: He conquers everything who will be able to conquer himself. Tune in the key to victory, be intensely alert, and affirm strength. My hand will mightily support him who has chosen the path of endless overcoming and endless victories. Hold it tight when in action. And remember: Only in action is strength established, only in action does power grow. Being established by Me, strengthen the power of the spirit. Aum.

1952-48. Keep your balance. Balance of spirit is the basis of perception. Equilibrium is the basic law of the life of being, the principle of the existence of every thing. Balance is the root of stability. We abide its rays in all manifestations of life. The ray enhances the essence of the phenomenon. What if it is bad? With Us, the slightest imbalance threatens a catastrophe. One needs to keep one's balance. The affirmation of balance begins small. And neither sorrow, nor joy, nothing should disturb it. Do we really prefer the smile of obsequious babbling to the unshakable calmness of the Master? Or the trembling of fear? Or a grimace of conventional sensibility? Everything is possible, but on the condition that complete calmness is maintained. If one is in balance, one's action is the blow of the hammer of spirit, otherwise it turns to dust. To gain balance, you have to put everything on the line. Balance is the prerequisite for ascent. Either it or nothing. What can substitute the pivot of the spiral of ascent? There is no structure without balance. No one can resist the power of balance. It is strength, power, a crystal of fire, and a crystal of power. With the loss of balance, the inviolability of the facets of the crystal of consciousness is disrupted.

Keep your balance at all costs. No concessions, under any conditions or circumstances. There is nothing worth losing your balance. This is why We demand solemn calmness. If "tranquility is the crown of the spirit,"

then balance is its form, the shape of the crown, that is the highest form or the aspect of manifestation of the power of spirit. This power can be obtained only at the center, only in Me. I am the power of balance. You will find its strength in Me. By dividing all the phenomena into pleasant and unpleasant ones and not allowing the pleasant ones move us out of balance, we thereby establish and gain power over the unpleasant. There is a principle: Do not rejoice, and you will not be sad. My joy is not of this world. There are cosmic feelings and earthly feelings. Bring the earthly ones to silence on both poles, restraining either of the poles, so as not to give an opportunity for the other pole to assert itself and emerge. And only then will spirit be open to cosmic feelings. The former ones are associated with the personality, whereas the latter ones, with the Cosmos. "And let your joy be perfect" - this formula refers not to personal, but to cosmic, spatial joy. Not in silence, but in the whirlwind of battle one must learn balance. Therefore, the difficult hour sparkles with diamonds of possibilities. How else can we temper spirit? And there is no other way to understand and learn a great lesson. So let us be on guard, ready at any moment to curb the sheaths and rejoicing at every opportunity to exercise and temper spirit. Do not temper the fiery blade of spirit in a still swamp, even if it is a swamp of prosperity. We hurry in a storm, in cold and hunger. So let one understand that one can ascent only by climb the steps, but they all are different. And when you can say: I am completely Yours, Yours to the end, the steps are victorious. Thus, I affirm you in the greatness of the tranquility of spirit and the fiery power of balance. Accept My gift and remember: Closeness to the Master is the highest happiness available to mortals both on Earth and in the worlds. The fiery seal of My Spirit seals My gift to you. Accept it. I spoke.

1967-238. The most valuable property of man on Earth and in the Worlds is psychic energy. It is an inalienable property. Restraint allows to keep this energy from being wasted. A whole series of mental movements takes place inside a person. When they break out in the form of actions, words or feelings, a leak of fiery power occurs. There are some people who permanently empty their treasury with torrents, others, with licentiousness of emotions and experiences, still others, with unnecessary actions or movements, especially nervous ones. A lot of energy is spent on anxiety, fears, fussiness. Even more, on anger and irritation. Discontent, despondency, enthusiasm, common gaiety and everything accompanied by an external effect require a certain amount of strength. Restraint allows them to be kept within the microcosm in order to spend only consciously on the order of will, and only when necessary.

Two types of action should be noted in this regard. Some actions are restrained, preserving a certain amount of psychic energy in a reserve, whereas an exhaustive action wastes this reserve completely. Actions that completely exhaust the forces should be avoided as the most harmful enemies. The exhausted person is like an empty husk. You can exhaust yourself with words, emotions, thoughts, and actions, even your voice can be exhausted in singing. Restraint is the surest lock that prevents fiery power from vain and involuntary waste. When the internal manifested energies do not give themselves out in any way, their accumulation occurs. Balance is a quality of spirit that is difficult to achieve; it is possible only with conscious, persistent, and stern restraint. How much energy is spent on small talk or on pleasing everyone! Kindness and benevolence are far removed from these unnecessary qualities. Goodness is carried out by the radiance of the fires of the heart and does not need words, at least unnecessary words. It is for trifles and in the actions of the familiar and small, not restrained by the control of will, that precious energy is thoughtlessly wasted. The positive qualities of spirit are accumulators of fiery power, the negative ones, wasters. For example, you can take courage and fear and trace how fear weakens a person, paralyzing his energy. The quality of restraint can be asserted consciously and systematically, knowing that every unnecessary word or external expression of uncontrollable feelings is a sign of licentiousness of psychic energy. Each quality of spirit requires attention and care and can grow infinitely.

1953-88. The calmness of the physical, astral and mental bodies, the calmness of movements, feelings and thoughts is essentially three-pronged. Complete tranquility is threefold. And its affirmation goes in all three principles at the same time. Having affirmed it only in one of the three, one cannot assume that something has already been achieved. Achievement can only be threefold. But the calmness manifested in one of the three clearly affects the others. Therefore, making any of the sheaths silent, one should not forget about their relationship. And the first condition is this: movement in sheaths is allowed with the permission of will and within certain limits

established by will. The vehicles are not allowed to vibrate contrary to will. The unbridledness of uncontrolled movements is to be curbed; the so-called nervous movements and gestures are simply unacceptable because they are senseless waste of energy. They can be likened to the open valve of a balloon through which the gas required for ascent flows out. The astral vortices of the kamic vehicle are also unnecessary and absurd, for they greatly wear out the body and do it much faster than waving hands or swinging head and legs. In fact, when you watch unreasonable and ridiculous movements and gestures of people, you have the right to doubt their sound mind because their absurdity is so obvious. Crazy people are those who treaded all the way in this direction. Unbalanced people are only on a half-way but go in the same direction.

Astral movements sometimes may not show up as violent or frantic gestures but are expressed in the face and always in the eyes. The eyes are a barometer of the state of the astral body, and the bridled sheath always manifests itself in the calmness and firmness of the gaze. The ray of the eye always expresses the degree of power achieved by consciousness in the process of curbing the lower vehicles, for the gaze indicates the height of the calmness of thought, which dominates over three, or will, the conqueror of three. Therefore, a person who has realized the importance of the power of the eyes and is able to control it, asserts his will in its external expression. It is right to be ashamed of expressing unbridled emotions, feelings, or thoughts. They should not at all appear on the outside, on the surface of the microcosm, the reflection mirror of which should always be calm and smooth. The tranquility of the three is necessary so that with the silent sheaths the higher can be revealed. In the tranquility of the body, the astral and the mental, the Great Teachers performed the highest service to humanity in the world. They fulfilled their earthly duty and also rendered Caesar's things unto Caesar, but did not compromise the greatness of their tranquility with the vibrations of the sheaths. "And He spoke as one having authority," so it was said about the Savior. What power, over what and over whom? People wander around a lot, not realizing that victory is achieved only by victory over oneself and that the spirit, having conquered its microcosm, acquires and establishes power not only over it, but also over all energies, both those inside it and those outside it. And since all the energies of the world are contained in the human microcosm in either explicit or potential state, the power established thereby also extends to everything outside. So the greatness of tranquility and balance are the attributes of the power of the fiery will of the human spirit over the worlds inside and outside. Let us affirm the fiery will in life and in action. Fiery greatness is born and affirmed in the twilight of everyday life. Tranquility is the crown of spirit, crowning the head of the conqueror of matter.

11. The Guardian of the Threshold

1966-240. From time to time, unlivd feelings manifest their activity in consciousness. What was done once is stored in the memory and reminds of itself. As the guardians of the Threshold, they stand clothed in forms of memories, thoughts, and images of the past, blocking the further path to the Light. Liberation from them is possible only by the method of getting rid of them, when, like a conquered, abandoned, forgotten, and completely defeated habit, they no longer annoy and do not have an attractive force. Many people cannot quit their smoking habit. But it is still possible to overcome it to such an extent that one is no longer drawn to it either in a dream or in reality. Everything else that is not outlived is conquered in the same way. The natural needs of the body are more difficult. Hunger cannot be eliminated when a person is deprived of food, but it is still possible to assert one's power over this feeling. It is important to establish control so that neither thoughts nor actions are performed without will.

How to eliminate attraction and desire to satisfy desires? Only by control over them. Nothing is to be allowed without the consent of will. The weak commits offenses against his will, they rule over him, and he is powerless against them. A strong man commits even misconduct and connivance with his will. In both bad and good, the person is in control of what he does. Better an erroneous but volitional act than goodness coupled with lack of will. You know about the exploits performed by robbers. But We do not know examples of a weak-willed nobody becoming a disciple. Therefore, We pay special attention to the education of will. Will is established in the struggle. As long as there is struggle and counteraction against undesirable influences coming from anywhere, there is no danger. Danger arises when you give up, when you want to stop the struggle of spirit, when there is a desire to surrender limply to the will of external influences or astral vortices. Strength of spirit and willpower are in the awareness of the inviolability of their fiery seed. It is eternal. The excrescences of spirit are temporary and destroyable by will. You need to find the strength to directly tell the creatures of the past: I am not afraid of you, I gave birth to you, now I will kill you, I am not a slave to you, but a lord and master.

No one, no one, never, under any circumstances, should be given power over your spirit. Even the highest degree of merging with the Lord is not submission and refusal of free will, but precisely the unification, voluntary and free, of one's will with the Higher Will. Devotion, love for the Highest Image is not lack of will, but, on the contrary, the highest, fiery tension of all forces of spirit, expressed in a whole series of volitional and purposeful actions. The free will of man is the highest prerogative of spirit. A person devoid of will is nothing.

1955-271. Whirlwinds and eddies of the environment are very characteristic of the Supermundane World, and weak spirits are carried away by them like dry leaves in the wind. Resilience of opposition to them is developed and affirmed on Earth, and by no means by connivance with the desires and aspirations of the astral. It is he who, generating astral vortices in his sphere, is drawn into spatial vortices by similar vortices. Spatial whirlpools are very dangerous, for they can draw a weak spirit into the abyss, from where it can no longer rise. The power of opposition to astral drives, perhaps little appreciated on Earth, is of crucial importance in the Supermundane World, for all the vortices ever generated by the person's astral body and indicating that vibrations of this nature are characteristic or habitual, are easily evoked in the Supermundane World again and again by vortices of the corresponding layers, according to the law of consonance and magnetic attraction of related phenomena. Therefore, there, unexpectedly for yourself, you can find yourself among very undesirable neighbors or unexpected conditions - for the reason that, succumbing to one or another impulse or attraction on Earth, you

do not attach due importance to this, being busy with a lot of all kinds of things. But earthly affairs will end and then there will be nothing to obscure the impulses of the astral body, and a person will remain face to face with himself, with all the energies that he generated and set in motion during his lifetime. He gave birth to them, so he himself must also kill them, that is control them, curb them, or exhaust on himself all their power, no longer distracted or obscured.

This phenomenon is called a meeting with the Guardian of the Threshold, when all the person's offspring that have taken explicit and visible shapes, by the reverse force of magnetic attraction rush onto him, their parent. Exhaust, extinguish, discharge, and neutralize this accumulated and exacerbated force of one's own desires, passions, vices, shortcomings, and weaknesses; it must be done by their originator at the moment of this fatal meeting with himself, with the objectified essence of his astral body. He must meet them and win because defeat is unthinkable. Anyone on Earth who is accustomed to these victories, to curbing the fury of a violent and fierce astral sheath, will withstand this horrible struggle without hesitation, without retreating and without fear for the outcome. But those who condoned the licentiousness of the astral on Earth will find themselves in an unenviable position, for what will they oppose to the concentrated and increased power of those energies that they thoughtlessly accumulated and deposited in the kamic [astral] essence of their own microcosm?

Therefore, I say: Curbing all movements in your own astral sheath, taking control over them, and attaining merciless and stern submission to your will is a most urgent need. One must at last think about the future, which is right now being forged in oneself by everything that man creates. Each, even small victory over oneself, over one's sheaths, contributes to the assertion of power in one's microcosm over everything that is in it. Those who do not know can make mistakes, but the one who knows must direct all the strength of his spirit to achieve victory, because he knows what he wants and why it is needed so urgently. One should not allow astral vortices in oneself and should not be infected with similar vortices when they flare up in others. This area of phenomena must be mastered here on Earth, for it would be too late to study it in the Supermundane World. In that World, one already has to act firmly and decisively using the experience and strength acquired on Earth in a constant dogged struggle with oneself, that is, with one's lower sheaths. They belong to man, he is their master, not a slave, he has been given power. But how often does a person transfer power over his microcosm to his sheaths and himself becomes a slave, whom they furiously push around and over whom they mercilessly tyrannize? Take a drunkard, a drug addict, or a gambler and see vivid examples of this humiliating enslavement. All the horrors generated by human vices, are created in the state of joyless and hopeless obscuration of hopeless slavery in the sheaths. For there is a certain degree of fall after which it is incredibly difficult to rise. And then we witness involution of spirit proceeding from life to life. It is especially dangerous when one is not aware of it. But the Teacher says: One can turn to the Light from any point on the path of evil. The desire for improvement will be supported. But you, who know the path of Light and yet condone and indulge your astral, do not forget about your responsibility before yourself, before people and before the Teacher. The astral must be defeated and subdued at any cost.

1965-351. Meeting the Guardian of the Threshold is inevitable. The Guardian of the Threshold is all the weaknesses, vices, and shortcomings of their owner, clothed in visible forms, which in one way or another manifested themselves in him on Earth. The most powerful of them, connected with how they were revealed and took on bright and lively guises, surround the person, trying to captivate and absorb his consciousness in the same way or even more completely than they once did. They take on the most attractive and seductive images, becoming vital and real and strengthening more and more as the thought combines with them and is immersed into them. They can so absorb and enthrall a person that he will have neither the strength nor the desire to step over them. What once attracted him on Earth takes on even more attractive forms and is even more intensified in order to completely take possession of its parent. This struggle with the Guardian of the Threshold is full of drama, for defeat means that the entrance to the Higher Spheres becomes inaccessible, and the lot of the defeated will be to stay in the lower spheres of space, clothed in the sheaths of the fourth and fifth principles.

A person binds himself on Earth by earthly attractions and can free himself from them while still in his earthly body. Therefore, it is necessary to prepare for a meeting with the Guardian of the Threshold now, while still in a dense body, reviewing and discarding everything that is subject to elimination. The combination of consciousness with attractive mental images is dangerous because, if it is allowed on Earth, it will be allowed

when meeting with the Guardian, and then the danger of defeat becomes obvious. Defeat of the Higher Duad is unacceptable, but it is facilitated on Earth by admitting or allowing the combination of consciousness with low-level thoughts. That is why the constant vigilance of will over those thoughts that nest in the mind is so urgently needed. In this watch lies salvation and the pledge of victory over the Guardian of the Threshold. "The offspring of the elements, I'm not afraid of you," - can only say those who on Earth have trained themselves steadfastly and firmly not to enter into mental communication with it and thus not to be involved with unworthy forms of thought. Here they are implicit and invisible, although they quite clearly affect the astral sheath, but there they become the only visible reality for a person, for the dense world ceases to exist for him. We call the successful student the winner, for already on Earth, incessantly fighting with impure and attractive thoughts, he prepares himself for the destined victory over the Guardian of the Threshold. It is necessary to remove from these mental forms, drawing downward, their apparent attractiveness, because behind it there is a sharp sting of vice, thorns, and an insatiable astral body, that seeks to inflate and strengthen everything that is still subject to unconditional elimination. The person himself once put the power of attraction into these forms. Therefore, only he himself can take away from them what he once gave out of ignorance, not knowing what a terrible danger and slavery lie in conniving at his weaknesses and thoughts that feed and strengthen them. It is unlive d desires and impulses that give rise to the urge to merge with lower thought-forms of unwarranted passions and vices. The temptations of St. Anthony the Great are evidence of how acute and inevitable this struggle with the old decrepit man in himself is if one wants to conquer himself. He must become victorious now, so that the upcoming victory over the Guardian of the Threshold is decisive and complete. The one who moves to the future in the Name of the Lord cannot but win, no matter what the price of the victory is.

1963-093. The Guardians of the Threshold are strong. They evoke from the depths all the unresolved dregs of bleak accumulations. But it is worth realizing at this moment that this is a test; precisely at this one, but not later, when the fall has already happened. See the enemy, understand the enemy, meet the enemy face to face and defeat. Its essence often is not visible behind the external form of seduction, and it is often forgotten that this is just a test. After all, this is still the same Maya. With every impulse of mighty striving upward, we call upon ourselves a powerful wave of spontaneous opposition, equal in strength to the impulse. Hence the difficulty of overcoming. But the force of spontaneous resistance is conquered by rhythm. The impulse, being repeated, establishes the rhythm of striving. The most intense rhythm conquers everything. But what is inside that counteracts so stubbornly and fiercely? This is a personal "I" with its past accumulations. Personality is temporary, but its accumulations are long-standing; they are karmic earthly bonds of the past pulling one backward. Skandhas are a factor of the present, but they are created by the past. The personality is the phenomenon of this incarnation, but its roots are in the incarnations of the past. This is why the astral, the bearer of the personal "I," is so persistent - it is the focus of past desires, tendencies, and impulses.

What are Guardians of the Threshold? Before the inner eye, a thought rises from the past, clothed in a vivid form, with which consciousness was once merged. This vividly picturesque thought evokes by association a number of other past thoughts, is strengthened by them, and is energized by the impulses of the astral plane. A shadow of forgotten events, both mental and factual, rises from the past. This tangle, saturated with energies invested into them by one's own will, obscures the entire horizon of consciousness and demands materialization in the dense world. Dugpas [synonym for evil, darkness], the smoky lights hiding behind it and fanning it, are not visible to the eye, but the power of this furry tangle, acting on all the vehicles, is quite palpable. Thus the Guardian of the Threshold stands up to its full height so as not to allow the person move on. It is very important to understand the meaning of the collision and its purpose. This is another test before a new ascent. When, in the midst of the struggle, the mind is not obscured by misunderstanding and is not sucked into the funnel of the astral vortex, the collision occurs with eyes open to what is happening, the dugpas can no longer hide behind these images of obsession inflated by them, and victory becomes possible. The enemy and its strengths must be known. It always chooses the most painful and vulnerable spot. But how can you not win? Call Me when your strength begins to fail. We will win together, but you need to know the strengths of the enemy.

1963-068. Guardians of the Threshold belong to the innermost realm. No one will escape meeting them. You cannot go to Devachan without crossing the Threshold, and you cannot cross it without overcoming the Guardians of the Threshold. This struggle is full of drama and requires the exertion of all the person's spiritual forces, all the best that is in him. The Guardians have a form, their forms are colorful, bright, frightening, attractive, inviting - depending on the essence of the person approaching them. All impulses, passions, desires, inclinations that pull a person down are always clothed in forms in his consciousness. On Earth they are in thoughts, but in Kama-Loka [the sphere of desires in the Subtle World] all these forms acquire a clear appearance and, as it were, come to life and become real entities for consciousness, still drawing downward, but with many times greater power, for they are bright and extraordinary real. Magnetically, they attract their parent with an almost irresistible force, for they are his own offspring, his pets, nurtured during life in the body.

In Devachan there is no place for the passions and desires of the flesh. You can enter there only by freeing yourself from them, but how can you free yourself when these monsters of darkness standing in front of the Threshold at the entrance and, clothed in the most seductive and seductive forms, pull you downward? There is a terrible deception and seduction in them. For, having fallen into their arms, the spirit is not able, due to the lack of a body, to satisfy any of its desires and, sensing the futility of its attempts to satisfy his desires, remains hungry. Under every flower of impure imagination there is a snake that stings, and one's hands are covered in blood from thorns. But the attraction remains, and again and again the spirit plunges into the same experiences, not receiving satisfaction from either. But you can say to your own offspring, these Guardians of the Threshold: "The offspring of the elements, I am not afraid of you, you cannot block the path that was predetermined to me." You need to understand, you need to know, you need to gather strength to meet the Guardians of the Threshold and, without retreating, pushing aside them all, cross the Threshold. Anyone who in earthly life has embarked on the path of overcoming himself, who has managed to conquer himself, will pass through this Threshold, not for a moment slowing down the victorious steps. For ordinary people, the difficulty is that all sensations and all experiences are so aggravated there, and the products of their own imagination that have come to life and have taken on real forms become too seductive. The secret, the invisible and the hidden suddenly becomes obvious and visible and irresistibly attracts to itself those who want and always wanted them while living in the body.

1968-7. Meeting the Guardian of the Threshold is a matter of Sacred Knowledge. You can get in touch with it only to the extent of the capacity of consciousness, not more. When a person dies, his three lower principles leave him forever and their matter dissolves in their respective spheres. His consciousness turns off and he falls asleep. He wakes up from this dream clothed in his quaternary that survived physical death. This quaternary consists of the 4th, 5th, 6th and 7th principles. And then the fight begins. All the impure and fervent earthly thoughts that he ever created and thought out during his earthly life and from which he has not freed himself, appear before him in bright, colorful, real and appealing images, surround him and demand that he enter into communication and merge with them. All these images are concentrated in the 4th and 5th principles, the matter of which vibrates and responds to the impact of these mental formations. They form person's psychic environment, uniting him with the layers of the astral world matching this environment. Plunging into these formations, the person thereby plunges into the lower strata of the Subtle World, more and more sinking into the fumes of these seductive phantoms. Indeed, they become the Guardians of the Threshold, not allowing him to rise higher, for his willingness to get in touch with these ghostly, but unusually bright and attractive forms draws him into the dark spheres of unlive passions and desires. These desires and passions have at their disposal very rich material for the realization of all his lowest desires, and the person revels in the ghostly realization of what he has not yet had time to experience, although he wished to realize it on Earth or dreamed about it. Getting involved in these suffocating experiences, he still does not understand that the torments of Tantalus await him, since, despite his imaginations, he is deprived of the opportunity to satisfy them due to the lack of a physical body. But desires remain, triggering more and more thinking, reinforced and enriched by the corresponding mental images with which these layers are filled. And you have to go through all this and throw it all away, reject it, saying to them: "Offsprings of the elements, I am not afraid of you, you cannot block the path that was predetermined to me." The 6th and 7th principles come into conflict with the lower 4th and 5th principles and pull consciousness upward, past these creatures and monsters of unrefined thoughts. This is the fight for life or death. Striving for the Light,

affirmed on Earth, helps gather strength for this struggle and gives victory. When the person knows that he must win at all costs, that there is no other way out, a victory becomes possible. This is why it is so important for consciousness to get rid in advance of everything that can drag it down and force it to merge with the past unredeemed forms of thoughts, once generated by lust. This is why it is so urgent to clear the consciousness of all litter while still on Earth.

12. Will

1951-55. Will uses the very substance of thought to create from the substance of thought. Will does it and thought obeys will. Worlds are created by will. Will is everything. This is the second secret of an Arhat. Will is the very essence of your being. And your will, merged with My will, is a mighty, irresistible force. You can create with it for the good.

The creative force, creating by thought, creates in Cosmos. Will of an Arhat is an overwhelming creative fire that irresistibly creates for the good. It reigns over thought. Three steps in this process are will, thought, and fire. And above all this am I, the Silent Witness. What is beyond that is a MYSTERY.

So, will governs thought, and thought governs and dominates everything.

1951-176. Strengthen the consciousness of power and force. In particular, power over oneself. This is the key to the power of spirit and the first step to the infinite power of will, up to its cosmic manifestations. Will is also instrumental in the creation of the worlds. Powerful creative will is the highest manifestation of spirit. It is the secret of the innermost essence of being.

1953-31. One should not count on the favors of Heaven. They must be taken by force. Their receipt depends on person's will. Therefore, daring is affirmed as the highest form of receiving the gifts of spirit. Therefore, the formula "Dare, my son" is a formula for receiving. Therefore, spirit decides its own path. If someone did not receive anything, it means he did not show aspiration.

1953-549. The goal of evolution is to develop will to the point of complete control over the elements of all the kingdoms of nature. After all, man is given power over the matter of all plans. On the earthly plane, both hands and thoughts are needed; on the Higher planes, hands are no longer needed. But will is needed for creation on all planes. Will is fire in action that molds lower matter. Everything is subject to will, for everything depends on the degree of dominating will. Will manifests itself in every movement of a person. This is the most wonderful thing in him. The command of will flares up and the person, obeying it, does deeds, both large and small, and accomplishes great feats. Everything that is created by human hands on Earth is created by will. Thought governs everything, ideas rule the world, but thought and ideas are governed by fiery will. Thought is sent out by will. Thought is created by will. There is will behind everything and over everything. The highest prerogative of man is will - the highest that is in him. Will can be developed infinitely, but in conformity with the Higher Will, and then there is no limit to its power. Human will is not will, but self-will, and therefore its strength is small. But human will, merging with hierarchical will, potentially grows in direct proportion to the strength and degree of the fusion.

1956-53. Will is fire in action and application. Even a weak person who has at least temporarily accommodated all the qualities of the flame can manifest strength. All depends on the tension of the lights. He who can evoke the fires of the heart is strong. A steam boiler can only be operated under the pressure of many atmospheres. Without tension, steam has no power. Likewise, human fires cannot act without tension. The fiery nature of will should be realized. It develops by application, like muscles.

1961-360. The development of will is not its development, but the disclosure of its inner fiery potential. A common mistake is that at first they direct will to overcome external obstacles and external conditions, whereas the field of its development, that is disclosure, is human consciousness. It is within oneself that its growing forces are applied for an even deeper and more powerful disclosure of its boundless potential. Everything is inside the person. Only will, successfully applied within, can emerge victorious outside.

1964-332. Will is developed by exercise. There are no obstacles that will, armed with psychic energy, cannot overcome. All obstacles are strong up to a certain limit. Each obstacle has its own limit of resistance. Anyone who knows the power of concentrated will, will not be embarrassed by the first, second or third failure and even the hundredth, for he understands that at some n th time the failure will still be overcome and the perseverance of will will triumph. In some cases, opposition is deliberately intensified by the dark ones, and then the struggle requires special perseverance. Our rule is to never back down in the face of temporary failure. The solution is in spirit, but spirit is eternal and, with sufficient time and perseverance of the efforts of will, it always wins in the end. At the same time, let us not forget that violence against someone else's will is unacceptable. But this condition does not exclude the most fierce opposition to darkness. No matter how the external circumstances rebel against the decision of will, the rhythm introduced into the process of overcoming them cannot fail to give the desired results.

1951-110. Regarding overcoming yourself. It is overcome by force. Only by the exertion of all your forces will you conquer. This is the first condition. This is where half-heartedness, half-measures and half-decisions are destructive. It is necessary to decide irrevocably and follow this adamant decision to the end. Sometime and somewhere you have to go through this. It should be done. Isn't it better to do it now? Great is the harm caused by this bastard - selfhood.

This means that you have to make a firm, ironclad, unshakable decision to win at all costs. The whole human being is straining in an enormous last effort for this struggle. The liberated "I" and the "I" at mercy of the lower astral are like Light and darkness. The enemy is ancient, experienced and stubborn, the darkness of the world is with it and comes to its defense. To understand the enemy is half the victory. Here is the second half: The flame goes out without fuel, so the enemy wilts without food. Deprive it of fuel, do not give nourishment to its essence, do not maintain life in it - and it will die of exhaustion, that is it will be bridled. Do not live in it, remove your will and your feelings from its sheath. At first it will rage, worry, demand its own, but then it will become silent, weakened without food and will obey. And man will become free, turn from a slave to a master. The astral is ferocious, restless, and persistently intrusive. It constantly asserts itself in the thousands of little things of life, in everything that is bad and that leads to retreat. It is necessary to carefully, like a surgeon, cut all these threads that feed it and are attached to our essence, sticking to it like a spider. The astral has its own purpose and task. But to be in the power of what is good, necessary and characteristic of an animal, is completely unthinkable and unacceptable for an Arhat. Even traces of this animality should not remain in his essence, otherwise it is impossible to anticipate some kind of advancement and victory. Thus, the [Christ's] injunction "Deny yourself" is a step that is inevitable and expeditious. Great vigilance is needed in order to recognize every attempt of the unbridled sheath. To see, understand and immediately extinguish each of its tendencies, with all understanding of the terrible harm and animality involved. To recognize and firmly take under complete ruthless control in the name of Light, in the name of the future, in the name of life. So to be with the Lord means to be victorious and conquer by His power.

1958-401. When affirming the desired quality, giving oneself a task for the current day, it is best, most useful and fruitful to imagine the sutratma performing the task, having already mastered this quality in its entirety. Then, even if it fails, there is still something left and it will be easier to continue the lesson. Of course, it is better to affirm the small than to imagine oneself having mastered the big, but we are not talking about groundless dreaming, we are talking about creative thought and creative imagination that transmutes the old personality. If the task of the day is a complete restraint and the pledge of silence, then during the day this task will still be completed to some extent. It is only necessary to put more strength into the order of will. It is a good idea to

strengthen the statement of quality with a rhythm intended for several days. The rhythm here refers to the rhythm of the will command.

There is a great distance between what a person should once become and what he is now. It is less between what he could become, if he wanted, and what he is, but it can disappear completely between what he is and what his will ordered him to be today. This happens when will learns to rule and the sheath learns to obey.

Sheaths are servants, slaves, subordinates of the person. They are obliged to obey unquestioningly. And they will obey if they understand that their resistance is caused by the crystallized will, once put into them by the very bearer of them, their ruler. And the old will, which manifests itself in habits and reflex actions, begins to struggle with the will of the present stage, which affirms and introduces into the microcosm a new attitude towards things and phenomena of life. Knowing this, the sutratma should indicate that the previous instructions are canceled, how exactly, and in what. Firmly remembering at the same time that spirit is the master and lord of its sheaths.

Experiments in this direction are very interesting. They will reveal how great is person's power over himself. Potentially, it is limitless - and this must be understood, realized, and applied on a growing scale. The ceiling for spirit exists only today; it can be raised further, starting from the level reached in your prior experience. And you cannot get tired of doing it when progress is made every day. Creative thought creates an ideal image of the expression of one's spirit, containing and affirming in itself a symphony of qualities - it will be the goal. Achievement of it will be carried out on a daily basis by the command of will, which must always exceed the actual fulfillment. If a person has appointed himself to walk 30 miles, but only twenty will pass, it will be better than if he has appointed one and will not pass a single one. But even if he passes this one, then twenty will lead him to the goal faster. Sow as wide as possible. Why limit the boundless potential of the spirit with small measures? The ideal is the exact execution of a given lesson, but for this will must be adamant and the imagination must be sufficiently developed. Each person creates his appearance with his free will. But an Arhat creates this image consciously, knowing the power of will and seeing its crystallized essence in every human movement, thought, feeling, and action.

1953-164. A person voluntarily performs a whole series of physical movements and actions, wherever he goes and whatever work he does. His will is behind a whole series of actions. This applies to both physical and mental work. Consequently, a huge area of human activity is already subordinated to will. Will outlines a plan for any action and the human microcosm unquestioningly fulfills it. The sphere of action of the conscious will must be broadened. It is necessary to include in it a number of processes that are still considered uncontrollable. Everything obeys will. But its degrees are varied. From a man on street, who has not realized himself, to the planetary and cosmic entities. Will is fire in action. Everything that is created by human hands can be considered as will crystallized in matter - good or evil, collective or individual one.

A will directed to any sphere or area creates from matter its forms by outlining them. The Sphinx, pyramids, Notre Dame Cathedral, paintings by great masters or the immortal work of a writer or a philosopher are the products of a concentrated will of prolonged tension. The fiery spearhead of will is rushed by the spirit into the appropriate area and creates the intended thing from its elements. And if will of an individual person is power, then what can be said about will of the coordinated collective, this new mighty, but still little realized power of the future? The way of the ordinary application of will is clear to some extent. A picture of the intended action is created in consciousness, and the action itself is already an affirmation of the invisible in the visible. The process goes from top to bottom through all sheaths. This is the case with ordinary activities. An Arhat takes his actions away from the sphere of the ordinary. He creates with thought. Will is directed into the realm of the elemental matter of thought. From it, he creates clear, precise, exactly shaped pictures - prototypes of future actions or affirmations. But it is not he who creates actions or affirmations. Particles of invisible luminous matter, forming a living, dynamic form, vibrating with fiery energy, attract to it the elements of the matter of the dense world, thicken it, pulling into the orbit of its attraction people, deeds, and circumstances. The form grows like a snowball along the axial lines of the main crystal of thought, like a physical crystal grows in a concentrated solution. Due to the power of the crystal of the primary basic thought, there is an increase in the limits and orbit outlined by the primary crystal. As the whole flower is hidden in a lotus seed, which produces a hidden complete

form over time, so the picture of what should be revealed later in the dense world is contained in the seed of the primary crystal of thought generated by consciousness. The crystal of primary thought will always give rise to the form and will always attract and reveal itself in dense conditions, as soon as they reach the soil or collect the elements necessary for their crystallization or formation. Now the conditions of the soil, or environment, have changed. New rich conditions, suitable for manifestation, appeared in it, and the crystal acts powerfully, creating attraction and a huge, complex structure, already on a gigantic scale. Thought, a crystal of thought, always generates an external structure or results, but at the right time, that is, as soon as external conditions have in themselves material from which form building along the axes of attraction can proceed. Grain will not sprout on a bare stone. But the wind, that is the movement of matter in matter, brings a handful of dust that covers the grain. Add a little moisture - and the sprout is already making its way to life. The thought bore fruit. Thoughts sown in this incarnation but not finding needed environment will attract and create appropriate conditions in future lives. The crystal of thought is immortal. Fiery energy is incorruptible. Fiery will, the originator of fiery crystals of thought, is immortal. And it is ruled by man. Arhat is a conscious fiery creative center of crystals of fiery thought.

1953-451. You have to learn to do everything faster, that is, to make the physical body more obedient. After all, it is only an instrument of spirit obliged to obey its ever-increasing demands. The body is given to serve man. A slave obeys a master. The slave cannot dictate its terms to the master or bother it with its desires and whims. Its duty is to obey the will of its master. Hence the complete and unconditional submission of the body to the will of the Arhat. Mastery, as in everything, begins with awareness. The power given to a person over his body must first of all be realized. If your body unquestioningly moves in the right direction and does what its owner wants, if the hand rises and works, if a whole series of functions is subordinated to your will, then you just need to realize that there is no limit to the power of your will over your body. And where the sphere of voluntary actions or movements ends, there appears on the stage a conscious order of a sharpened will, given to the subconscious in the sphere of involuntary actions. The order of will is always carried out if hesitation and uncertainty do not interfere with it. It is only necessary to exercise will more often and more consciously and develop the royal attributes of the power of human will over all the sheaths of the microcosm. Strength manifests itself only in action, no matter how great its potential. Both the degree of this potential and its power can be revealed only by action. Therefore, the affirmation of will and power over the physical body and all other sheaths is indicated precisely in action, precisely by a whole series of actions that match the set goal. The words "I cannot" are excluded from the everyday vocabulary of an Arhat and is replaced by the words "I do not want". The fiery potential of will is brought into a state of constant combat readiness. Will is ready for action at any moment to actively repel opposing waves of the elements or dark attempts of the two-legged. The state of passive inertia is completely excluded from life. Vigilance and alertness indicate not only the constant tension of consciousness, but also the tension of will that is always ready for action.

The state of weak will is the enemy of Fiery Yoga. A state of constant composure and tightness of consciousness is required. A good soldier always stays fit and tight. The discipline of will and lax licentiousness of consciousness are incompatible. Being always on watch, always on the alert, always tensely tight, a warrior of Light goes through life. To lay down arms in powerlessness in front of anything, even in front of the most terrible and powerful enemy, will not be the winner's decision. David and Goliath are a very instructive symbol. And who knows the limits of the power of fiery will, when its power is consciously invoked by spirit? The potential of will is inexhaustible. Therefore, affirming its power over the physical body, this condition must be known, understood, remembered, and applied.

1957-402. "And He commanded the winds to subside ..." The ancient legends of all peoples speak of the power of man over the elements. The elements of fire, air, water, and earth are conquered by man in their visible and higher, invisible aspects on different planes. To move forward, you need to have a goal. The goal of man is power over nature, power over the world, power over matter and energies of the Macrocosm. But man is a microcosm; everything that exists in the Macro-Universe is contained in him too, all elements, all energies. And the path to this royal power lies in a person through himself. Having conquered himself and subordinated his nature to his will, the human spirit thereby achieves power over the world. The Savior's words, "I have overcome

the world” have the deepest meaning, for verily He had power over flesh, that is over matter. We know and have heard about people lifted up into the air, about walking on water and fire, people buried alive for whole months, but all these are only the initial steps of the power of spirit, that has no limit. The Creator of the Planet, who was also once a man, has power over the elements of which the planet consists. The potential of the power of spirit is immeasurable and boundless. Every person has this potential. But how helpless people are, and how far they are from this royal power! And yet one can achieve this goal.

But how, how do you start? The path is long and requires, first of all, an awareness of the goal. Then you need to understand that it lies through the mastery of one's microcosm, through the mastery of the body and all other sheaths or vehicles and the energies that set them in motion. Man has already mastered many things in himself, although he may not be aware of that. This means that it is necessary to continue expanding what has already been achieved, capturing more and more new areas and deepening the mastery of them.

Let's get back to the idea that you need to start small, from what is feasible and possible. The inability to easily suppress desires may discourage one to move on. Everything is possible, but not immediately, gradually, starting with smallest things. The usual attitude toward ordinary phenomena must be left out, it must be discarded. When a person is tired, he must discard his weariness, he must conquer it, even if this victory would be small at the beginning. Cold and hunger, diseases are first restrained, and then they are completely conquered. The spirit gradually learns to dominate ordinary sensations in everything and to acquire power over bodily processes and the functions of bodily organs. You can start with small, even with the smallest, and, having achieved small victories and overcomings, move on to more difficult things, then to the most difficult ones. This state of constant struggle, overcoming and victory over oneself becomes the usual way of life for a person walking towards this royal goal of victory over the world. In his microcosm he has inexhaustible opportunities to exercise and develop the strength of spirit.

The process is endless and goes on growing. It doesn't matter if something failed or was successful only partially; with perseverance and growing will, the moment will come when the spirit wins. You just need to remember that everything is attainable for the spirit that has realized that in the future it will be the conqueror over the world inside and outside. Little things should not be belittled. They are separated from a distant goal by enormous distances, but you have to go through them, and every step in this direction, even the smallest one, brings you closer to the goal. This means that one must steadily adhere to the chosen direction, without deviating from it, and move as fast as situation allows.

1960-14. In the psychomechanics of volitional processes, the firmness of the decision of will and its ability to assert the unbreakable inflexibility of these decisions are of paramount importance. When will hesitates and weakens, turn to Me. I will help to strengthen will. A weak-willed person cannot become a disciple. Thought is strong not by itself, but by the elements of the fiery will invested into it. The thought to create, saturated with a fiery will, determined and persistent, not knowing hesitation - will be the skill of a yogi. Wavering, unstable, frail thoughts are not effective. A strong thought is created in spite of the dense evidence and regardless of any external opposition. Thought is the first thing: it is the basis, the first principle, while the external environment is a secondary phenomenon arising from the first. And if this secondary phenomenon needs to be changed or destroyed, it is necessary to destroy its mental foundation on which it is based. This means that it is necessary to create a thought of destruction that is stronger than the one that created it. And since the majority do not know how to think clearly and forcefully, it is not so difficult to destroy the undesirable basis of the phenomenon. Rhythm and repetition can be very helpful. In no case should you stop halfway if you are facing an apparent failure. An immutable and unshakable thought will achieve its goal. It would be unwise to shake it with doubts, uncertainty, or fear; then it would make no sense to start the whole thing only to destroy thought's power with your own hands. Apply external actions to the created powerful mental image, for you know that things are done by human hand and foot

1969-176. The law of human free will has to be discussed separately. The will of man is free, and even an Arhat cannot violate it. We can warn, We can give advice and direct, We can suggest a solution, but we have no right to suppress someone else's will or break it, because it is sacred. We cannot do this even when it is clearly

directed to the detriment of ourselves and others. This law can explain a lot, hitherto incomprehensible. It would seem that one small effort on Our part would prevent most horrible crimes, but if the person himself does not realize inadmissibility of the evils committed and does not show even the slightest effort in the opposite direction, We cannot interfere in the course of his karma, so as not to violate free will. The suppressed will will surely result in an explosion, and the person will be even more bitter than he was before. On the other hand, We are ready to add Our will to will of those striving for goodness and constructive work. We are ready to help, but give us something to which Our strength could be applied.

1969-269. Freedom of human will is considered sacred by Us, and We do not violate it. The Hierarchy of Darkness does the opposite. It is free will that has brought humanity and the planet to the sad state in which it is at the present time. We do not interfere with human karmas. Our relationship with people is based on the principle of voluntary acceptance of Our instructions and teachings. Only when their desires and aspirations are directed towards Us, We go toward them and can meet them. Any violence and coercion would be inappropriate, for sooner or later it would cause an explosion, but besides this, any violent achievement has no value and merit and is very fragile. When the free will of a person violates the laws of Nature and rushes to evil, it opposes the elements, the power of which ultimately falls upon that person. Action always evokes reaction.

Human actions performed in harmony with the laws of nature are like swimming with the flow of the stream of Cosmic Evolution, which carries everything that exists to its destined goal. Actions opposing the laws increase the forces of counteraction and cause a return strike. In the case of Atlantis, one can see what a terrible uprising of the elements was caused by the forces of evil and the massive violation by mankind of the basic laws of nature. And in the life of each individual person it is not difficult to see the same principles of harmonious or disharmonious actions at work and return blows of the latter, that is, the consequences arising from them. There are many examples of the uprising of the elements in the human microcosm. As above, so below. The disease of the planet and all the imbalances in climatic conditions are caused by the actions of humanity as a whole. If the instructions of the Hierarchy of Light are not accepted and violations go beyond certain limits, natural disasters become inevitable.

13. Heart

1963-297. All sensations are transmuted on the fires of the heart. The heart is that laboratory for all sensations in which they receive their final form. Mind alone, if it is given priority, often disturbs the harmony of the work of this laboratory. A hero is strong not in his brain, but in his heart. And courage is not in the brain; the citadel of courage is the heart. But human hearts are neglected. Intellect, or earthly reason, replaced its place - hence the human disarray and limited understanding of life. When the focus of being is transferred to the heart, consciousness expands and, breaking through the shell of the aura, enters the spatial expanse. One can consciously concentrate thoughts on the heart, that is, transfer a thought into the heart for its transmutation on the fires of the heart. Even physical pains are transmuted by the heart, and only a flaming, fiery heart can overcome them. Here we are talking about the qualities of spirit, but where is the place in which they reside? If courage lives in the heart, then all other qualities of the spirit reside there too. If they were from the brain, then they would die with the brain, but a person brings with him from past lives the qualities of spirit in his heart, which is immortal, just like the Chalice is the keeper of all accumulations. The Heart and the Chalice are inseparable from one another. The fires of the heart begin to glow when the thoughts transferred to the heart receive their affirmation and granulation in it, that is, crystallize in order to make deposits in the Chalice. Only thought that has been applied crystallizes. Abstract dreams that are not applied in life do not give deposits of fires. They are sterile. Dreamers are of two kinds: some make dreams come true, others limit themselves to dreams that do not bear fruit. Hopes that are not supported by deeds will not be creative, they will not give fire to the heart. Thus, the heart, being the focal point of the entire system, is the sun of the human microcosm. This must be firmly grasped before its power can be affirmed in application to life.

1963-390. The heart can be trusted if the self does not darken it. Invisible connections between people go along the line of the heart. Therefore, they continue from life to life and are not interrupted in the Supermundane World. After all, the heart is immortal, and its fiery feelings are immortal as well. Immortality is achieved through the heart that has been cleansed of coarse layers. A pure heart is a great strength. The transfer of being into thought, and thought into the heart, will be an affirmation of uninterrupted consciousness. After all, consciousness is also transferred to the heart. The brain has its own organs of sight, hearing and so on, and the heart has its own ones. Only these organs or senses have the ability of direct perception or knowledge. The heart just knows and just sees. We call these feelings straight-knowledge. The heart is a straight-knowledge apparatus. The brain cannot sense. It only registers, if accustomed, the sensations of the heart, for they require attention in order to be noted. But the heart is usually neglected, and so straight-knowledge is not brought to light. The brain interferes with the immediacy of straight-knowledge.

Enough has been said about the education of the heart. The best thing is just not to disturb it. It is best to let it freely express its feelings, if it is freed from litter. Many hearts sleep under its layers. The coming epoch of the transformation of mankind can be called the awakening of a purified heart. Not heart alone will lead a person to this stage of transformation, but a heart associated with Hierarchy. You have Light through your heart.

1967-256. The faculty of recognition depends on the heart. Many people devote enough time to exercises and various sports, but not many think of exercising the heart. Meanwhile, the heart does not need to be paid so much attention in order to begin to hear its voice. It often gives its voice and warnings, but who pays attention to this silent voice? But the heart also requires attention; then its voice begins to sound more and more often. It is

the heart's first warning that is particularly important, and especially at new meetings. The heart lives its own life, and this life captures deeper layers than the brain. The brain and its five senses operate in their own sphere, while the heart in its own. By transferring consciousness to the heart and its sensations, we get in touch with the areas inaccessible to the brain. One should not make a mistake and contrapose the heart to the brain. Can't they act in complete harmony, complementing each other and thus expanding consciousness? The heart sends messages to other hearts at a very long distance. The energy of the heart is fire. You can act with it invisibly, without accompanying the process with anything external. And it is necessary that the brain does not interfere. A thought saturated with heart energy will not produce the desired action either near or at a distance, if the consciousness holds it near itself and the brain continues to vibrate with it. You cannot shoot an arrow by holding it nearby. It needs to be given freedom of flight; this applies to thoughts as well.

1955-9. The formula “Where your heart is, there is your treasure” remains vital as before. Give your heart to Me, and completely, then the consciousness will easily establish contact. But if the consciousness is drowning in ordinary thoughts, contact is impossible. The heart directs consciousness to the desired object not by force, but by love. But if love has dried up, then what will move striving? True love is constant, but not in mood, and it does not depend on the currents of space. Consequently, communication caused by love does not depend on them. Much depends on the state of space, but not love. Thus, let us understand the basics of communication with the Teacher. Do you want to be close and succeed? Then love when you are rising. Both constant anticipation and continuous remembrance are impossible without love. When it exists, the indicated phenomena follow naturally and simply. For where our treasure is, there is our heart. Light is attained by the heart. And the Kingdom of God, that is the Higher World, is also attained by the heart. Love for it, like a magnet, attracts spirit to itself. Love can be both conquered and achieved. Love must be understood more broadly than love for one's neighbor. The goal is achieved by love for the desired goal. This means that no achievement can do without heart. Therefore, the Teaching of the Heart is given, that is the shortest path to the Highest. The heart can be nurtured. The heart can be directed. You can persuade the heart to act in the direction desired. But it needs to be given attention and dealt with. The most important things should be given at least some time and care. We devote time to the needs of our stomach, and not a small one. Why not give it to the heart? Both attraction and reception, that is perception, go along the line of the heart. In an effort to approach Me, the heart must be stretched. And the heart, stretched to Me, will bring the needed message.

14. The Mental

1962-336. Thought is an instrument or, depending on its purpose, a weapon of spirit. Thought can be saddled by will like a horse and one can rush on it wherever will wants. But if a saddled horse carries the rider wherever the horse wants, carries or rushes willfully, then from an obedient instrument of spirit it turns into an enslaver of its master. To master the thought is the task of the yogi. There is no way to get away from the correct resolution of this issue. It is necessary to solve it. You can't move on otherwise. The energy of an incessant effort to master thought should be preceded by every attempt to bring rhythm to this process. A realized thought, that is a thought applied in life, is a thought subject to will. This means that the way to master thought lies in its practical application. You can set yourself tasks of a mental nature and consistently implement them. Here again we have to return to the role of small beginnings. It is easy to stumble on a difficult task, but small things can be done so that later on one can undertake more difficult ones, and then even more difficult ones, and in the end to reach the most difficult ones. Will grows in this process of mastering thought. It is also good at the same time to learn how to quickly transfer thought from a completed task to another one, turning off consciousness from the sphere of the prior task. The organizing of thoughts is necessary. Also, every job is to be done in the best possible way with full concentration on it. There are many ways to curb thought, and each is good if it is successful, that is brought to the end.

1953-374. Thought is energy, and wherever it rushes, it acts, whether it remains within the microcosm that gave birth to it or is directed towards something external. The sheath of thought, its body or its form is saturated with energy that has magnetic properties, and this energy attracts other similar energies to itself. In such a way the thought grows in space. Growing in space, the thought periodically returns to the center that generated it for approval or denial. Consciousness either greets it as a welcome guest or rejects it if it has grown out of proportion. In the first case, it is strengthened again, receiving additional energy, and again goes into space, otherwise it loses its strength and gets weakened, being suppressed. Thus, a ray of light of consciousness can suppress its failed offspring. Thoughts directed at the one who generated them pulsate nearby, visibly or invisibly illuminating or darkening consciousness. Dark and vicious thoughts suck person's aura like leeches drawing out life juices from him, especially thoughts of fear, anxiety, doubt and the like. A thought of fear so paralyzes the energy of the nerves that often the person is not able to move his hand. The absorption of energy by negative thoughts is of great importance in human life. By destroying vital energy, such thoughts cause disease. And, of course, they primarily act on the heart, and the heart in its turn exerts a powerful effect on them. Thoughts of vigor, courage, tranquility, and other life-givers saturate the body with the energies of life, increasing them in the person, and vice versa: poisonous thoughts suck juices like leeches. Leeches can be torn off, but who thinks about thoughts gnawing at power? Optimism and joy have constructive impact on oneself, space, and others. But small dark extinguishers - life-killers, like larvae and vampires - drink the vitality out of their unfortunate parent. Thus, despondency and hopelessness, which carry and spread the infection around, are dangerous. Therefore, the mental tonality of consciousness is extremely important. The issue of prevention of thought is urgent because thought creates the inner image of a person, which is reflected to a certain extent in his physical body. Ultimately, a person is a reflection of his thoughts.

1953-275. Thought is created by consciousness. A form is created from an amorphous radiant substance, charged with the energy of its fiery essence, but with energy that has received its granulation in consciousness. An arrow can be poisoned with poison or a message can be sent with it. You can send it to the target or past the

target and choose the target at your discretion. Consciousness, forming a thought, puts the soul of thought into its essence. A bright consciousness will saturate it with light, a fiery one with fire, a poisonous one with poison. As a tree bears fruit matching its essence, so a thought has the same essence as its parent. Once born, it begins its existence, connected by an umbilical cord of magnetic connection with its parent. Through this umbilical cord, the originator of thought transmits to the thought the energy embedded into it, and through the same channel, a thought, born and vibrating in space, transmits its vibrations back to its originator, in its turn influencing him. If you imagine how lemon juice drips from a juicy lemon squeezed by your hand into an open mouth of a person, and how a person who swallows this juice frowns and grimaces from the sharp acid, then the return effect of a thought created by consciousness will become quite obvious.

Every thought has impact. And not only one's own, but also someone else's - invisibly, but powerfully bringing consequences. If you take a thought of courage or tranquility and, firmly focusing on it, create an image or a form corresponding to it, then its impact on the creative consciousness will be immediate and irrevocable. The brighter, stronger, and more colorful the thought, the stronger its impact. Consciousness, which has generated and saturated the thought with its energy, in its turn is saturated and nourished by the energy of the thoughts generated by it. The interaction is mutual and consistent. A thought born by a person feeds and nourishes him. Courage, solemnity, and tranquility are qualities created and nourished by thought. Therefore, in order to affirm the desired qualities, the future form of their manifestation in oneself should be clothed with a bright image of creative thought. And when this image is born and began its separate self-sufficient existence, its influence on its creator and parent begins to manifest itself. The nourishing power of thought is enormous. The brighter and stronger the formulation of thought, the longer and deeper the impact on oneself and on others. A thought charged with emotions, or vibrations of the heart, causes a corresponding reaction. The habitual train of thoughts living in a given consciousness envelops it with a sphere of a certain tension and character and, if it is persistent, creates a kind of closed sphere or a magnetic field around its creator, the sphere within which this process of constant interaction and strengthening of both poles takes place. In the case of thoughts that are luminous, good and positive, this sphere will be a sphere of blessing, joy and growing power that raises consciousness. But the sphere of evil is terrible. Like creeping reptiles, like breeding snakes, dark thoughts wrap around consciousness, stinging their parent and saturating him with dark energies, feeding on the life force of his own essence. The energy of courage and fearlessness inherent in thought gives strength to spirit. The thought energy of fear, irritation and despondency, vibrating in thought, absorbs the fiery energy of its originator, kills it, or simply neutralizes it. The psychotechnics of the energy of thought becomes self-evident even with a little reflection. An army saturated with courage is invincible and its strength is great. And this same power turns into nothing as soon as courage is replaced by fear. The thought of fear instantly paralyzes and kills fiery energy. A person shackled with horror will not even be able to raise his hands in defense of himself. Therefore, the magnetic force of thought generated by consciousness is great, and its nourishing power is full of meaning. One has to ask oneself with what and how thoughts created by him feed the consciousness. This is the question that everyone who knows about the power of thought has to ask. Thought, being the supreme factor of life, can no longer remain outside the sphere of human attention. The power of thought must be understood. It is necessary to write about thought textbooks as thick as textbooks on physics, chemistry or mathematics. Thought lends itself to study and analysis and has its own precise definite laws of manifestation and its own scale of manifestation. This subject area is very close to the area of magnetism, light and invisible rays discovered by science. A solution is to be sought in the area of short radio waves, for the sphere of thought is close to this particular area, only being a little higher and a little more refined. Science has entered the realm of the invisible, and a solution is near.

1953-440. It is good to advance My cause with a thought that is not bound by earthly bonds. It is good when a higher thought is not tinged with an admixture of earthly thoughts. Earthly thoughts bear all the signs of their fleeting nature. They are as short-living as earthly affairs. But they have power, surrounding consciousness with a dense cloud, sometimes so dense that a higher thought bounces off this insulating shell like a ball from a wall. Contact, communication and collaboration become impossible. The need for earthly thoughts while a person is living on Earth is obvious. Earthly thoughts are needed, but after thinking over and completing the work and deeds that life puts before each person and about which one should think, one must learn to immediately free

consciousness from them. The trouble is that after the time period that is really necessary for earthly thinking, a long unnecessary tail of thoughts stretches back, like a cloud of smoke behind a faulty car that poisons the environment. This unnecessary tail is especially sticky when the necessary business thoughts are poisoned by petty everyday emotions of grief, fear, resentment, troubles and other experiences, our own and others' ones. This is especially true of irritation. It makes a brown-gray muddy ball, a dense shell surrounding the human apparatus.

You need to put your thinking apparatus in full order. It is necessary to do earthly affairs, giving them due thoughts. One must think about the earthly as much as circumstances require. Fast, clear, focused, but no more. And, having finished, immediately stop the flow of thoughts. You have to learn to keep your mind free and open, without cluttering it with scraps of unnecessary thoughts and, most importantly, emotions, because emotions make thoughts obtrusively sticky. Your day may be transparent, clear, sonorous and clear, or heavy, gray and cloudy, or hopelessly autumn-rainy, or restlessly windy. The mood of the day is the background against which the day's affairs occur. In controlling thoughts, will itself must establish the necessary background. When this background is service to the Lord, then all earthly affairs of a given day will be colored by the basic shades of the background, like Earth at the hour of sunrise is colored by sunrays. Life can play out its earthly symphonies against this background. Service will be the basis on which the structure of the day is erected. Purposefulness of consciousness will allow and teach, when passing through life, not to be enveloped in heavy unburned particles of dense matter.

The matter of dense earthly thoughts is often inert and inactive and, having large weight, gravitates downward. Consciousnesses, clothed with it, invariably drown in the viscous atmosphere of the lower strata. Every thought has a certain direction. The thought of a new piece of clothing, a purchase, an apartment or a book is associated with the subject with which it is busy. And if thought strives only to earthly objects or deeds, then consciousness also firmly binds itself to Earth by them. We have to learn to get out of the dense sphere of earthly attractions. Bound consciousnesses cannot move. The binding of consciousness is the death of spirit. Therefore, it is important to establish the moments when consciousness is completely divorced from earthly affairs and wholeheartedly rushes into the world of phenomena that are not connected with the affairs of the immediate environment. People go to cinemas, theaters, for walks and rest. The same walks, or flights of thought, to the Supermundane Spheres are required. People for too long were tying themselves to Earth. The striving of thought must now be directed beyond the limits of the ordinary circle of consciousness. The Teacher indicates the objects of striving. The Teaching opens a wide horizon for thoughts, indicates a huge field for the application of human energies. The limited, petty and muddy world of man is destroyed so that he could see the world without limits. And thought will be the lever that takes consciousness out of the limited world into the unlimited one. The analysis of each thought shows exactly what it is worth, with what it is connected and what it entails. It is no longer possible to excuse oneself by ignorance and misunderstanding of the smallness, mustiness and imprisonment of the sphere in which an ordinary person lives. The Teacher wants to free consciousness from the bonds of lower thoughts with the help of higher thoughts. A lower thought is akin to a suffocating, grievous nightmare. A higher thought is the winged messenger of the freedom of spirit. Thought is a two-edged force: a jailer and a liberator. Its character depends on the direction. The criminal and the ascetic both use the services of thought. The terrible force of ancient, centuries-old earthly attractions can only be neutralized by thought. The task before man is to defeat the gravity of Earth. He is getting rid of the lunar legacy, but this is the past. Earth is real, and therefore its attractions are especially difficult to defeat. The Teacher calls to the camp of conqueror all of whom do not want to be a slave of spirit. The call is futile for those who love their chains. The call is addressed to those who want freedom.

1953-501. The Teacher knows and is ready to help, but something has to be done by ourselves. Not to be pinned down and not to wait, but to act on our own, applying the knowledge gained. An ordinary person may feel helpless, but not a disciple armed with knowledge of the laws of psychic energy. And he, who is not stuck getting past the barriers, is entrusted with the implementation of the most difficult tasks. You should not rack your brains over how psychic energy will accomplish the task. The business of an Arhat is to give a task, clearly outlining it and creating an image of the final realization of the desired idea. But the fiery performer will find ways of execution itself. Delving into the ways of implementation would be a mistake. This will only bind its wings and

disrupt the harmony of the construction of the final form, scheduled for manifestation in the dense world. Also, in many cases, when the deadline is not urgent, one should be able to wait. This skill relies on the fact that consciousness is tuned in on immutable confidence, knowledge that the intended plan must be realized, and that ordinary conditions cannot prevent it. The planted grain is not disturbed and one does not look to see if it has begun to germinate, but confidently awaits the germination. So it is with the seeds of psychic energy thrown into space. The sowing done cannot fail to give seedlings. Laws work flawlessly. Confidence, faith, and immutable knowledge are needed only so that the energies of the planted seed are not destroyed by one's own hesitations, doubts and thoughts that are directly opposite to the intended one. Doubt and uncertainty cut the roots of a sprouting seed and it dies.

You need to accustom yourself to the fact that, having created the desired image or picture of what is to be realized, you then have to give the order of consciousness. You can even say: "Let it be so, I affirm." And then calmly and confidently wait for that day or hour when the affirmation will come true and the invisible will materialize in a visible form. It is necessary to learn to give due stability to fleeting and unsteady thoughts, and then thinking will grow steadily. The secret of the transformation of the invisible into the visible must be understood, for this phenomenon is based on certain immutable laws, the application of which is easy and accessible to those who know. For knowledge is power. Not tortured, timid, hesitant attempts, but a firm knowledge of the immutability of the law that is inevitable and ineluctable like fate. The difficulty is that the law is too simple, accessible, and easy. But the key, or the lever of its application, is confidence, or simply faith, that is the knowledge that an applied law cannot fail to give due fruit. Usually the first part of the process is done correctly, but when a mental image is created, its spontaneous destruction begins and this interferes with that part of the process when it must act independently. The separate, self-sufficient, independent action of psychic energy must be understood and not prevented by the fiery performer from completing the assignment given to it, by transferring all consciousness to a new task. Many tasks can be planned in this way, because the performance of one not only does not interfere and cannot interfere with the performance of the others, but on the contrary, linking the mind to a new task does not allow it to return to the first task and disturb the deposited seed that requires complete immunity. Of course, sowing can be watered, but only with thoughts that give life and strengthen, as moisture strengthens and gives strength to the germinating grain. The immutability of the law must be understood.

1953-516. One has to learn mental creativity. In this creativity, the main place is occupied by thought, that is creation of mental images. A characteristic feature of a mental image is the fact that, being created and completed, it receives an existence independent of its creator, developing energy in the direction built into it and influencing both its creator and the surrounding sphere. A mental teraphim is nothing more than a mental image, deliberately created in order to achieve the intended purpose precisely with the help of the energy invested into it. The second feature of a thought image, or a living mental entity, or, simply put, a thought, is that it strives for the material plane, tending to attract to itself and to condense around itself material elements in order to materialize in the dense world. This desire of thought to be embodied in earthly matter is barely taken into account. But thought gets immediately embodied in an earthly form as soon as the combination of external conditions allows. Thought is not only embodied when external conditions permit such a realization, but it magnetically creates and makes combinations of these conditions. If a thought is strong enough, bright and shaped, then, like water, hammering a stone, in the end it will combine external conditions accordingly. The stronger the thought, the more definite it is and the more powerful its action. It doesn't take much time. If it targets people, it acts with lightning speed and over great distances. It is more difficult with objects, but their matter is also under the strong influence of thought, being saturated with it through and through and bearing its imprint on itself. The human thought is so strong that it either destroys the fabric of the clothes he wears, or, conversely, preserves them from destruction, as it were, because the atoms and molecules of the fabrics are influenced by the magnetic essence of mental energy. But this happens unconsciously. When the will of destruction or creation is put into thought and directed consciously, its consequences are inevitable.

If only people understood what they create and destroy with their thoughts! A person walks, eats, sleeps, works, talks, and behind him, in him, sit thoughts, many images created by him, and each one creates for him,

bringing to him energy of destruction or creation, curse or blessing, regardless of whether the creator of these powerful energies thinks about what he has created or not. Karma is the energy of a person's crystallized thoughts, once and somewhere created by him. An Arhat, the conscious creator of life, knows the creative power of thought. He takes no rash actions, and especially mental ones. Thought is his weapon, he hones and sharpens it to the limit, crystallizing it to a state of intense vitality and taking full responsibility for his actions. One can learn to act with thought. When encountering human opposition, one must be silent, creating only a thought of greater potential. No need to say anything. The time of words is over for the knower. You just need to think: powerfully, brightly, clearly, and for the good. And the miserable human attempts to think will crumble to dust, as well as their weak mental images in front of the strong conscious mental image of the one who knows his weapon.

1953-523. Do you want to write about the legends of Altai? Take a pencil and paper, sit still, and fervently strive towards Me with your whole being, forgetting about everything around you. Concentrate thought on your desire, excluding all surrounding impressions. Fly in your thought to Altai, but with Me, not tearing yourself away from Me in consciousness for a moment and, as it were, plunging into the depths of centuries and moving away from the current day and era. After spending some time in silence, try to grasp either the thoughts or the images that appear on the pure, unoccupied screen of consciousness. Let them be vague and abrupt at first. With repeated attempts, their brightness will increase, and a wonderful moment will come when images and thoughts will begin to flow into consciousness in a sparkling stream. This time will come. One must protect oneself from the invasion of extraneous mental images, not forgetting about the thread that connects with the Teacher. I affirm the desire.

1953-566. Help may be rendered in the spirit by fire. Fire is transmitted in the form of thought, and in the form of thought it is perceived. But fiery energy can be transmitted without form, and then no thought is perceived but fire in the form of a feeling of joy, vigor, uplift or some kind of other feeling. You can focus not on the thought of joy, but on the feeling of joy, tranquility, or peace, and this sensation can be fierily transmitted over a certain distance. You can convey the feeling of love, clothed in a form or image of a thought, but you also can send a ray of energy without a form, or a thought without an ordinary form. Energy without form, charged with a fiery feeling, is stronger, and it reaches the goal faster, for its vibration is higher. For thought sometimes an astral tube is required, but for thought without form nothing is needed. Therefore, the feeling of love can be expressed by feeling without form or thought without form - the highest type of energy available to man. So the heart - the crucible of feelings - stands above thought and saturates it with fiery energy. A thought, devoid of the feeling of the heart, or fire, can be manifested, but such thought is weak and ineffective. It can be charged with feeling, or by the fire of the heart, giving it strength and vitality, and thought can be manifested without form, in the form of pure fire of the heart - this is the highest kind of thought or pure energy of fire. Such a thought is invulnerable to any influence, for it cannot even be intercepted or seen. You can see it, but the higher vision is inaccessible to darkness. The fiery energy of the feeling of the heart is stronger than thought and more stable. Thought is more transient. Therefore, thought is conquered by feeling. Astral emotions are conquered by thought, but a thought clothed in form is conquered by feeling-fire, or thought without form. If, while making a speech, you focus your fire on a certain feeling, then the feeling will win, even if the words were on a completely different subject, for example, higher mathematics. People are conquered by feeling, or by the fire of the heart without a form radiating from the heart, or by fire embedded in a mental image.

1953-405. Coming out of a warm room into the frost, a person immediately feels cold. The reason is simple - in the external environment. External conditions cause different sensations and feelings. In the Subtle World, these sensations are evoked from within by thought. If one is thinking about cold, the energy of thought will develop a feeling of cold. Thus, thought can evoke any sensation, and it will become real for consciousness. For the pliable matter of the Subtle World easily assumes appropriate forms. A person who controls his thought can freely create a world of his sensations and immediately destroy unwanted sensations. A yogi, being on Earth and developing heat in his heart, can sit in the snow without a shirt. The feeling of hunger is also conquered, and many other sensations are conquered and caused by will. By will, it is possible to artificially evoke any sensations and feelings, and not only in the Subtle World, but also on Earth. But the beginning of this great art is laid out in

the earthly life. You can start learning small: in your microcosm, you can evoke any feeling with thought. Of course, it is necessary to focus on the evoked sensation, invoking all the power of the creative imagination. If successful, the body will not hesitate to feel the desired response. Thought is energy that can freely transform into any sensation or feeling. This is especially easy to observe on lower and sensual emotions. The thought of delicious food immediately triggers a reaction in the glands. The mental energy of passion is transformed in the same way. In his microcosm, a person is the master and can evoke any sensation and feeling through the appropriate application of mental energy. The transformation of one type of energy to another is the law of the Universe. Having learned to use it and apply it inside, a powerful will can apply it also outside, causing the required reaction in the substance of the elements and creating in space the form into which it should pour out. But since it is necessary to begin mastering the elements in the kingdom of one's microcosm, that kingdom will be the initial field of application of the fiery energy of thought. Likewise, the fight against severe external influences proceeds according to the same principle. The severity of the impact can be internally tempered by thought, causing the desired reaction. Experience and application are needed here. Creative knowledge will not help; it is only a step to mastery, which must be passed in order to enter the field of practical knowledge. Knowing that something can be done does not mean being able to do it. So often these two positions are confused, and imagined knowledge or power is taken as real. Thought can become a laboratory for all sensations if it is supported by will and tested in the experience and application of this law. If something fails, will must be strengthened.

Will can be constantly exercised in all and everything. You can induce the desire for food when it is not there, and extinguish the feeling of hunger when it appears. Any feeling inside is triggered by thought in the same way. This is not magic, but the law of the supremacy of thought over sensations, the higher over the lower. No amount of reasoning and treatises will help until this principle is applied in life and tested by experience. This is also one of the ways of power over the world through the use of power over one's feelings and sensations, because thought rules over them, and thought also rules over the world both inside and outside. Not a routine thought, but a thought capable of moving mountains. There is no need to stop and be embarrassed in the face of the first failure. The world was created by thought; a regal, powerful thought governs the world. The creative power of thought can begin to be asserted on the sensations and feelings evoked by will, which sets the energy of thought into action. If the heart takes this stance, it is easy to achieve wonderful results with the heart. Any reaction, any sensation can be nipped in the bud by applying the lever of will to the thought. No tortured effort is needed. Thought obeys will, sensation obeys thoughts. But it is necessary to focus on the desired sensation, and not on its opposite, even if there were no grounds for it in the external environment. Outwardly, a red-hot coal burns, and it is very painful, but the yogi holds it in the palm of his hand and, by the command of his will, the fire of thought neutralizes the physical fire. You can turn your microcosm into a laboratory of the most wonderful experiments. You can make your life a miracle.

1955-592. My son! The art of concentration requires a lot of attention and effort and long, systematic and hard work. Thought is governed by will, but it is not good if will is governed by thought. Man has been given power over the sphere of mental matter, the coagulation of which is thought. Thought is a substance condensed by will that has taken on a definite form. The parent of the mental image has supreme power over his creation. It is not enough to realize this. It is necessary to feel it in life and make it a working formula of the day. It must be firmly grasped that man is the master over his thoughts, that in the sphere of his microcosm he has supreme power. Any thought, any feeling, any experience immediately leaves a person, as soon as he, as someone having power over them, orders to leave him. Thought does not have its own will and its own initiative, except for the one that has been put into it by its creator. She, as an entity of the Subtle World, will act within the framework of consciousness and will invested into it by the originator. But thought does not have a freely generating volitional center of consciousness, similar to a human one. It is, as it were, an automaton acting along the line of the direction put into it by human consciousness. It is necessary to understand this difference between consciousness, which generates thought, and between thought, which manifests a certain degree of consciousness put into it by man. Thoughts can overwhelm a person, paralyze his will, weaken him and affect him. But only until he begins to sharply and consciously assert the prerogative of his supreme power over all thought. It is necessary to realize that the final decision lies in human will, but not in the thought generated by will. Of course, there are thoughts

charged with a large amount of volitional energy, but this only means that they must be opposed by an even higher tension of the conscious willpower. A person can strain his will fiercely and up to very large limits. Thought as such, separated from consciousness, cannot independently increase its volitional potential when it collides with person's consciousness. Of course, thoughts grow magnetically in space, but this is a phenomenon of a slightly different nature. And no matter how strong the spatial thought is, a person can use a conscious effort of will to oppose it with his thought of a more powerful potential.

Of course, when someone else's center of consciousness sends a thought with the aim of influencing you, it is more difficult to resist that person's will, but you can always defend yourself, because the other person's thought can simply not be accepted. It is important to know the process of self-defense and how a hostile thought flows in, in order to be able to significantly weaken it by just awareness. In his world of his own thoughts and the thoughts of others, perceived by consciousness, the man himself is the lord. It is necessary to understand that someone else's thought, as well as one's own thought, carry a certain charge of volitional energy and that thought cannot increase this charge by itself. Therefore, a person, having the opportunity to intensify the fiery tension of his will almost infinitely, to any thought formed or born by himself or by another person, is always able to oppose more powerful opposing volitional energy, neutralizing or paralyzing the force of an unwanted thought. A little concentration and a firm command of will - and the power of an outside thought is extinguished. You also need to learn to control your thoughts, excluding interfering ones from consciousness. Thoughts can be in the mind, but with the consent of will. Obsessive and undesirable thoughts are essentially unacceptable, for who has the right to desire in the person's inner world, except for himself and with his own consent? Let everything that happens inside, even bad, happen with the sanction of will, but not against it, because otherwise will is destroyed. A bad but strong person can become good, but a weak and weak-willed being is worthless. Will is the highest fiery manifestation in Cosmos. A person devoid of will is not a human being, but a weathervane for any wind, or a target for any influences on the part of any obsessor. Take care and guard your will as the highest expression of the fiery value of the spirit and its freedom.

1959-23. I think it expedient to use free minutes to put into practice the creative power of thought. There are a lot of free minutes for thought during the day, and instead of wasting time on completely unnecessary thoughts, it is better to use its power consciously. If someone bothers you or does not do what is needed, he must be reassured and forced to do the right thing by thought. If something goes wrong, mentally create a field for the desired shape.

If something hurts, or body is not in order, create a form of the body in a healthy condition. Everything is subject to thought. If a positive result is not immediately obtained, persistence must be shown and strengthened by rhythm. The experience with the inflammatory, protracted process of a diseased tooth is very indicative. Teeth can be healed by thought. But it is necessary to show persistence and faith that muscles, tissues and bones have no will of their own, except for the one having invested into them earlier or consciously invested now. It is necessary to conduct a long experiment with loose teeth. It is necessary to strengthen them, making the tissues around them healthy. Every time you have to wait for someone or something, you need to use the time for useful experiments with thought. The gum inflammation was relieved in three days. This is the third successful experiment. The processes of volitional bowel cleansing can also be considered very successful. True, the results were not achieved fast, but the thought took possession of the process completely.

All functions of the body must be subordinated to will, and all diseases must be treated with will embedded in thoughts, in mental images, by introducing them into diseased organs, tissues and muscles. A crystal of psychic energy pulsing with fiery force is to be embedded in the middle of the diseased organ. Remaining in it, it fulfills the task given to it. The task must be repeated. Better rhythmically in the morning, evening, or afternoon. Medicines, massage, and everything else can be used as auxiliary means. The main thing is to concentrate thought and cause a surge of psychic energy and blood to the sore spot. You can treat everything, but first on yourself and then on others. The first three fingers are very helpful. Energy flows through them. Thought can reach any place in the body and cause the desired reaction in the tissues. Instead of wasting time on harmful or unnecessary thoughts, you should accustom yourself to use it appropriately by using the power of creative thought. Much can be achieved by applying thought in ordinary life. The stage of intensified realization of thoughts entails an

increased responsibility, for any thoughts, both good and bad, both constructive and destructive, are realized. The thought of failure is carried out according to the same principle as the thought of good luck. Every achievement is double-edged. Janus shows his two-faced look at the poles of both creative and destructive manifestations of thoughts. The future of man is created by conscious thought. Do not expect gifts from fate, it is better to solidify it with your thought in the desired forms. Build your future with your thoughts, as spirit wants, embedding will into the forms created by your thoughts. The future is pliable, its forms depend on will. We build evolution with our thoughts.

1960-6. The power of concentration can be developed infinitely. To concentrate means to gather together. To bring together thoughts scattered in different directions means the ability to own and control thoughts. Under all circumstances of life, this skill must be mastered perfectly. Its degree indicates the degree of power of consciousness over the environment. In the face of dense evidence, a person asserts it, no matter what. Not seeing, not hearing, not touching, and not feeling anything other than what the thought is focused on will be the achievement of the yogi. Many phenomena are achieved through concentration of thought. You can concentrate not only thoughts, but also feelings and will. The power of concentrated will overcomes ordinary will, like a sharp nail driven into soft wood. Everyone has will, but very few can concentrate it. It is believed that there are people with a strong and weak will, but they often do not take into account the fact that even a relatively weak, but concentrated will is stronger than another, not concentrated for a specific action, even if this latter would be under normal circumstances stronger than the former. This is why sometimes weak people are able to make strong actions. This does not happen often, because they do not know how to concentrate their will. This effort does not always have to be prolonged. In order to generate a strong, focused thought and send it into space for a specific purpose, it is not necessary to hold it in consciousness for a long time. You need to shoot an arrow, so bow tension is short. The tension of will is just as short, but it has to be strong and concentrated. Otherwise the arrow of thought will not fly. The entire human being is powerfully strained in a single impulse to produce the desired effect. Prolonged stress weakens the bow, while constant stress makes it completely unusable. Day gives way to night, activity to passivity. The passivity of consciousness after the launch of the arrow allows it to rapidly rush to the target, while the tension continuing after the launch will keep the sending thought nearby. The liberation of consciousness from the sent thought is technically necessary. This is required by the psychotechnics of thought. So you can always learn, in any conditions of the moment, the ability to wield thought as a weapon of light. There is no yoga without mastery of thought. Thought is fire, and the Yoga of Fire teaches the mastery of fire by mastering thought.

1967-532. When asked: "Why do you keep talking about a person, his feelings and experiences, but do not affirm his self?" say in response: There is no escape from a person, and the radiation of his psycho-physical apparatus is necessary so that this powerful, mobile and unusually complex apparatus can be consciously used for the benefit of everything living in all Worlds. Indeed, every movement in the human microcosm is accompanied by light impulses or reactions which constantly leave their mark in space. These emissions can be light, dark, or mixed. The human magnet, like an ordinary magnet, has a magnetic field around it saturated with emanations of its essence. A person constantly radiates light or darkness. Your equipment must be studied fully and to the end, as far as consciousness allows. The wider it is, the more it contains, the deeper the radiation. The luminous essence of a person can literally be beneficial for the whole area or even the country in which he lives, and in exceptional cases for the entire planet. If the Great Teachers sent their disciples to some areas to prevent earthquakes or other natural disasters there, then what is the power of the human battery and its radiation? The success of an entire nation can revolve around one person, as has happened more than once in history. The study of the human apparatus is difficult because it requires a practical approach to this matter and follows the path of becoming a person as he should become according to the Great Plan of Evolution. And if every movement of a person - mental, physical, or spiritual - is accompanied by obvious radiations, then what tremendous significance do all thoughts, feelings, emotions have during all the days of his life on Earth and in the Worlds? You have to think about it. That is why we have to dwell so firmly and persistently on human behavior and every movement of his apparatus. And the main role belongs to thought. It is the thought that shapes the future of a person, that is

his karma. Therefore, We give the first place to the understanding and study of thought. Man's responsibility is great for everything that comes from his microcosm. That is why We speak repeatedly about the same things in such detail. We want people to understand why they live on Earth and what a great future is destined for them in the process of the evolution of the Being.

1962-469. The currents of thoughts sent from the heart are especially effective. The cerebral thought is much weaker and the radius of its action is shorter. Help can be sent in any direction and in any place by currents of thought, for there are no usual barriers for thought. Intersecting currents and thickening of the brown gas can hinder and weaken thought, as well as the mental state of the person who is the subject of the sending. With your own thoughts, you can completely block the access of distant thoughts if their character is not in tune with the thought being sent. Thought can protect one from spatial influences or it can enter into consonance with them, creating a protection or consonance for the receiver. Thought currents can protect not only people, but also places, objects, and things. They can act for a long time or briefly, depending on the time period assigned to them or a mental order. Under some conditions, they can retain their strength for thousands of years. It all depends on the strength of the heart energy or fire invested into these currents. Thought currents can be directed into the future, and their action is either timeless, or precisely limited to a certain period, as determined by the order of will. When a vow is imposed on a thing or phenomenon, the same thought currents apply. The making of teraphim, even astral ones, is done in the same way. A thought, having received an order for a period of a certain duration, is a faithful executor and will follow it to the end, if its uncertainty does not interfere with the self-driven action of psychic energy. With a special coordination of the ignited centers, the thought turns into a ray, and then its effect is especially strong. Despite its invisibility, thought is real power. Thoughts always come true, but not then and not in the way people expect it. Therefore, there are many seemingly unfulfilled desires and thoughts. A thought can come true even after a century or more. The action of thought is exquisite. Thought requires special care. Let's protect the thought.

1964-459. It is interesting to note that a person generating a thought has power over it at the moment or during its generation. As soon as a thought is finished and well-shaped and left the conveyor of consciousness, it begins its independent existence, already influencing its parent either at the present moment or later. A strong person can drive away the so-called clingy thoughts of his own, but the weak one becomes their victim. The power of a habit that subjugates a person is in the power of a thought crystallized over time, which constantly and persistently influences its parent. In addition, as, for example, in the case of alcoholism or drug addiction, the human body gets used to alcohol, drugs or tobacco and already requires, in alliance with the thought, repeating the action and at the same time increasing the dose. And yet the struggle must begin with a thought. If, say, in the case of smoking one begins to devote some time rhythmically every day to the thought of quitting smoking, then the moment will come when a well-shaped and approved thought will force him to quit tobacco. Thus, with the help of rhythm, one can consciously generate any thought at will, which sooner or later will be embodied in the corresponding action. A habit can be either established or broken with the help of thought. Moreover, in the first case this is usually done unconsciously, and when a habit has already taken possession of a person it can be eradicated only if it generates opposite thoughts, but of greater potential. The solution lies in the volitional application of rhythm, because just thinking and deciding is not so easy and a strong will is required. This is why there are so many drunkards, smokers and drug addicts. It is difficult for them to free themselves from the bondage of habit, for they do not even think about the conscious application of thought and do not want liberation, not understanding what fate they will have in store for themselves in the future. Any slavery is unacceptable, for it makes a person dependent on something outside him, whereas the person himself must be his master. The spirit that has passed into the Subtle World carrying a load of habits cannot throw off his slavery there too. But can you imagine violent cravings for alcohol without being able to satisfy them? Imagination creates the most vivid images of the desired realizations, but they, giving rise to a ghostly sensation of reality, are fleeting and do not give satisfaction. But, on the other hand, the striving to satisfy the demands of an intangible nature - to Beauty, art or music, gives inexhaustible opportunities to diversify them endlessly and find in this joy and fullness of

satisfaction. The earthly is for the earthly and for Earth, but the highest is for the highest only. Transferring earthly relics to the Supermundane Spheres is very painful, difficult and cannot give satisfaction.

1965-116. First off, a thought that is needed or desired requires attention to be focused on it. Then it gets stronger, crystallizes, and no more effort is needed to keep it. And then it becomes so strong that an effort is needed, and sometimes very great, to get rid of it. Obsessive strong thoughts generated by a person accompany him long after he gave birth to them, even if he did not want to be connected with them anymore. Habitual thoughts, repetitive thoughts, thoughts caused by our weaknesses and indulgences to them are especially sticky. How powerful are thoughts nurtured and nourished by the energy of creative imagination for years! Thoughts are living entities. They live and vibrate in space. It is easier to generate a thought than to get rid of it. There is no need to free oneself from pure, beautiful, bright thoughts, because, apart from good, their effects will bring nothing else. But what about thoughts of the opposite nature, dark and evil thoughts? All thoughts, both good and bad, must first of all be mastered and controlled, being able to be removed from consciousness by the command of will. If this skill is not affirmed on Earth, when still in a dense body, it will be almost impossible to do that where everything moves with thought. Thoughts, these living entities, will surround a person, regardless of whether he wants it or not, and will pulsate with life and affect their parent by the power of the energies he himself put into these thoughts. Exercises in freeing the mind from thoughts of any nature are very necessary and useful. To do this, it is good to learn how to transfer attention from one object to another, from one order of thought to a completely different one. Changing work or occupations, replacing one with another are very useful in that they allow at the same time to change the flow of thoughts, or rather facilitate this process. You need to learn the ability to control your thought. This is very necessary for the Supermundane stay. Humanity can be divided into slaves of their thoughts and free people. It is difficult to talk about any kind of freedom for slaves held captive by their own mental creations. But man was born free. He himself put on the chains of slavery, falling under the control of his own thoughts. Only the thought of freedom can raise a slave to fight. Thought binds and liberates a person. The thought of freedom will be the threshold of liberation. Common slavery is visible to everyone, but the slavery of thoughts is seen by very few. I don't need slaves.

1967-514. One can devote his whole life to the improvement of his fiery apparatus. To concentrate everything that is needed by the spirit and to bring it to light for confirmation in everyday life will be the only correct understanding of temporary stay in the earthly body. Everything is in the spirit, and everything is for the spirit, and the spirit takes priority in everything. The duration of the phenomena of the dense world is deceptive. Rather, the running of events can be called a kaleidoscope. And it is so important where to focus the thought. Thought, whatever its content, will grow and intensify if you persistently return to it and focus on it. At first you have to make an effort to do that, then the thought will lead you. While it is being created, a person has power over it, but as soon as its construction is completed, this power is lost and thought begins its independent existence. A person who is at the mercy of his own thoughts, generated and nurtured by himself, serves as an example of how thoughts created by their creator subjugate their parent. Therefore, the process of creating thoughts is extraordinarily responsible. A thought can be generated, but it cannot be destroyed. That is why it is much easier to control the very process of mental creativity than fight later with unwanted thoughts created uncontrollably. Indeed, in this latter case, the new thought struggling with the old one must have a much greater potential. The Principle of Beauty used in the creation of thoughts serves as a guarantee of the quality of this process. But man is constantly creating, evoking with his thoughts Light or darkness from space. Everyone is a creator. And this creative process, entering into a mutual magnetic connection with spatial thoughts, intensifies and grows. You can call upon yourself a whole stream of luminous, beneficent thoughts, or a stone rain of evil thoughts. Why did Judas hang himself? His dense sheath could not withstand the pressure of dark spatial thoughts attracted by dark betrayal. Let the ignorant continue to think accordingly, if their evil will so desires, but let the luminous thought of the spirits close to Me remain radiantly bright, and let no darkness be able to re-magnetize it. Even in suffering and grief, a thought can remain bright. To do this, you only need to keep calm and maintain balance, and thereby strengthen your defenses .

1957-253. Will they understand if I say that the shortest path to the cosmic power of spirit lies through art? The path through art leads to the mastery of creative power. Yes! Yes! Yes! The easiest way to approach the mastery of matter and fiery energies is through art. Let me explain: a sculptor, artist, writer, and composer - all of them must master perfectly: the sculptor - the dense matter, the artist - the colors and the ability to combine them harmoniously, the writer - the subtle astral matter, the composer - the energy of sound. Take a book by a great writer. You will see the binding, sheets of paper and printed letters and symbols, behind which there are hidden pictures and images invisible to the physical eye of people, created by the creative thought of the artist of the word. They are all invisible, they are not on the pages of the book. One can see them only with the spiritual eye through external symbols and notations. The writer creates on an invisible plane. Creativity is deeply occult, that is hidden, and sharply different from the physical world. A sculptor works visibly, but in fact he is embodying an astral idea into a form, that is a thought into an astral form and the latter into a physical one. The artist unknowingly seeks to master the scale of light and the ability to combine the colors of the spectrum in visible forms captured on canvas. To reproduce and depict them, one must see and keep the vibrations of light in the third eye - see and hold, in order to reproduce later. Keeping in mind the previously seen landscape, a person's face, or some special combination of colors, and seeing the imprinted image with his inner vision, the artist expresses his power over the material vibrations of the energies of the light scale and, using it, creates. The composer creates in the world of sounds using the same process, but on a sound scale. All these types of art rely on the possession of energies and matter of a certain type, and they all lead to the ability to own them.

Especially characteristic is creativity that is not reproductive, but synthetic, when the creator creates completely new forms that did not previously exist and have not been seen by him. From the energies of sound, color, or astral energy, the composer, artist and writer create. It is impossible to show creativity without mastering a certain type of energies and the material means of their expression. Art leads to this power over certain areas and gives a powerful creative lever into the hands of man. But this is only an approach to the future goal, to power over all types of matter and energies. But you need to realize what gives the artist at least one mastery of his sphere. If a mental image, clear and precise, already by itself tends to be embodied in dense forms, what power do the clear, translucent and striving forms of thought of the master of the brush have! But usually no one thinks about it and creative power is directed only in one direction. Creativity is impossible without fire. Thought becomes fierily intense and all products of the creativeness of the spirit are saturated with fire. Fiery images and forms live for centuries, protected by fires. All these types of creativity are just steps to the further development of creative power, to the higher one, when the creator no longer needs paints, earthly brushes, nothing material, in order to express and affirm the products of the spirit's creativity in visible material forms. In the beginning was the Word, and the Word was with God, and the Word was God. Cosmic creativity is based on the Word, on sound - a powerful mediator of the cosmic life's creativity. Music introduces a person to the world of sounds. The occult meaning of sound is deep, intimate, and full of ineffable power. Mastering the energy of sound, a person approaches the sources of cosmic power. Sound can destroy a glass vessel or a rock. Sound is a powerful force. Art leads to mastery of sound. The musical field is just in its initial stage. But you need to know the deepest, innermost meaning of color, sound and form and their relationship. It is necessary to understand how their harmonious combination results in a beautiful flower, or a wonderful aroma, or a beautiful form, which is the product of their coordination or their consonance. As a great artist, the Creator of the Planet creates the needed forms from subtle, luminous matter. The steps of creativity are limitless, and earthly art leads man along these steps to the limitless possibilities of cosmic creativity.

15. The Astral

1963-211. The astral body is a conduit for emotions. It consists of the matter of the Subtle Plane in the same way as the physical body is composed of the matter of the dense world. This matter differs in different people in its composition, that is in its coarseness and rarefaction, just as the physical body of a drunkard differs from the physical body of an ascetic. The difference in the composition of people's physical bodies is enormous and the diversity is great. In the same way, there is a great difference in the matter of astral bodies, both in living and deceased people. The gross and infected physical body, poisoned by products of decomposition, also has an astral body of the corresponding composition; on the other hand, an astral body that is subtle and rarefied and cleansed of all filth is completely different in the composition of its matter from the former. The task is to refine and cleanse the physical body and simultaneously and in parallel with this to rarefy and refine the astral body. Both bodies are refined with thought, words, actions, and emotions that accompany them. Everything that happens in a person immediately darkens or brightens him in all the sheaths. A little self-observation will show how emotions, thoughts, and feelings act on the whole body and how qualities of spirit act on them, for example, fearlessness, confidence or aspiration. There is no lack of work on oneself, and the more knowledge, the more work. This is so necessary, and especially for life in the Supermundane World. The substance of the astral body, accustomed to vibrating in a habitual way and reacting to customary impressions, is something that is established, capable of responding to the impact of precisely that series of phenomena that took place during life. Having thrown off the physical body, a person remains in the astral sheath, which is already coarse or refined and which is capable of responding only to those energies from the outside that are habitual and to which it has become accustomed on Earth. That is why the cleansing of the vehicles or sheaths, including the dense one, is so urgently needed. This process is easiest to carry out on Earth, while it is most difficult in the Supermundane. Vibrations of an undesirable nature in the sheaths are to be completely eliminated, for they darken the aura and introduce elements of inferior quality into the sheaths. It's time to understand that although the tree, say a pine tree, of the gallows and a cross is the same, mentally its saturation is different. But the physical body is not a tree, and the poisoned sheath of a chronic drunkard, on the one hand, and the body of a good athlete, on the other, show how different the composition of their bodies is, even if the athlete is spiritually low. Rarefying and refining of the vehicles is an urgently important task, for this process is long and requires years and years. After all, the goal of human evolution is to rarefy and refine both the matter of the physical body and the matter of the planet. In the seventh round, in the seventh race, Earth and people's bodies will be incorporeal but still material, because from matter, no matter how refined and luminous it may be, there is nowhere to go.

1950-2A. The subtle body is the receptacle of astral feelings, this is its sphere. The separation of lower emotions from more subtle ones should be clear and distinct. First to separate and then to master. You can curb flesh, defeat hunger, that is the feeling of hunger, and cold. But how to overcome love or hatred, or sadness and despondency, or the pain of wounded pride? It is necessary to raise consciousness above this order of emotion, as an eagle rises above fields, plains and hills, and finally mountains. The eagle is the king of spirit. Rising above the conditions of the material world, an Arhat frees himself from the power of matter. Rising in consciousness above passions and lusts, an Arhat frees himself from the tyrannical power of the astral plane. Rising above the world of more subtle feelings, the Arhat frees himself from them and takes possession of the subtle body and even higher. To separate the bodies in consciousness, it is necessary to move away, stand aside from oneself, that is the lower "I," and watch as if from outside how it grimaces and grasps at every opportunity to experience, to

vibrate for every sensation. As the hungry rushes to food, the astral rushes to every emotion, grabs everything that gives it an opportunity to live, that is to experience, to fulfil an insatiable and never-ending thirst for experiences. Passions are its food, its life. As a hungry man dies without food, so the astral, deprived of the opportunity to satisfy its endless and insatiable desires.

To curb, master, subdue this violent pack of restless energies in one's own microcosm is the most necessary and paramount task of the future Arhat. This is the first step towards freedom. What kind of freedom can have a man torn apart by his lusts? To see, understand and extinguish them is a necessary and inevitable step to freedom. In the same way and according to the same principle, power and domination are achieved over other principles or bodies. Take the mental body as an example. As the untamed energies of the astral body rush and take possession of a person, in the same way unbridled energies of thoughts are raging and self-willed, causing a notorious chaos and disobedience of thoughts. Curb, take control, master at all costs. You hear it: by all means, otherwise the path is closed. First the awareness of the bodies and their properties, then their separation in consciousness, then mastery, then conscious use of submissive sheaths on different planes of being. This is the path of an Arhat. It is not easy. But I conquered the world, and you and I together will conquer it, just as I conquered it. Understand the inevitability of struggle and victory. Understand the inevitability of victory. There is no other way out, no other solution. Only victory. Understand that defeat is unthinkable. This is what freedom means.

1961-302. It is amazing how unstable the astral is, how it fluctuates in constant changes in its mood. One can observe how a stream of astral matter flows through it. When observing, one should remember not to identify the Seer with what He is looking at. The eternal Beholder and what He contemplates must be separated before the Mystery of the Beholder begins to unfold. Consciousness oscillates between these two poles of the eternal and the temporal, magnetically rushing to one, then to the other. One can imagine what would happen if consciousness completely immersed itself, say, in a stream of matter flowing through the physical body. After all, even purely bodily feelings are associated not with the body, but with the astral. Each sheath is good, but only when it serves spirit and is not an end in itself. One has to find a proper place for each vehicle. The apparatus of the human microcosm is complex, but it works well, harmoniously, and flawlessly when it is subordinated to will of a single master, who, being clothed with it, controls it. The Higher Self, living temporarily in its sheaths and clothed with them in order to take from the world corresponding to each of them everything that the level of Evolution achieved by spirit at this stage of its development allows, can be likened to the captain of a ship.

1954-412. People cannot understand that no matter what happens in the dense world around them, they should not allow their astral to rage, run wild, or simply allow endless stormy movements in it, or even any movements at all without the sanction of will. You never know what can happen outside with other people. Nothing gives them the right to unbridled astral manifestations. You can pay attention to everything, you can take everything to heart and even allow a feeling of sadness or longing, but in complete peace of mind. Whatever happens nearby or remotely, does not give this happening the right to debauchery of emotions. The fiery heart should be unemotional, that is, it should show its movements beyond the vibrations of the lower sheath of the astral vehicle. It is in it that consciousness should not express itself. You have to learn to be unemotional. One must learn to become fiery unemotional. How can one calm down a neighbor who is torn apart by a feeling of despair, if unemotionally calm energies are not established in one's microcosm, that neutralize the astral storm that rages in the neighbor's aura in a paroxysm of despair? Without this emotionless silver bridle of spirit on one's feelings, it becomes impossible to further advance to higher levels. Either curbing the astral plane and mastering oneself or stopping until the subordination of the astral plane takes place.

Each stage of consciousness has its own conditions. The mastery of the astral presupposes the mastery of thought, for thought governs the lower vehicles. One must learn to take the emotional astral elements out of thoughts, words, and actions and observe the results. In the invisible Higher Worlds, there are no spheres of astral passions, and people live in these worlds, not only not missing anything, but, on the contrary, succeeding in spirit and thoughts. We learn to live in these areas, being on Earth, freed from the slavery of the violent astral. This bondage is a bondage to astral reflexes that do not obey the control of will but arise independently apart from it.

A reflex is a legacy of the past; it is permissible if it is positive and approved by consciousness, but even in this case it should bear the stamp of approval or confirmation of will. There can be no power without the subordination of the astral to will. A person who vehemently reveals his experiences and emotions is an open book for others, accessible to all and every passerby. Why make your inner world exposed to passerby? A passerby can litter, trample, and bring dirt. If we usually close the inner chambers of the house to outsiders, then what about the soul? I teach restraint, isolation, and self-control. Rare manuscripts of hidden wisdom are kept in inaccessible places. One who cannot protect his inner world from prying eyes cannot keep secrets. Learn to master yourself. The process of curbing the astral is fascinating; it gives a lot of joy when understood. The affirmation of one's royal right to rule over one's microcosm brings a lot of joy. Do not chain yourself, do not reject things, do not deprive yourself of things you want, do not renunciate life, but practice a joyful, victorious solar affirmation of the power of spirit over everything that is subordinated to it by Cosmic Law.

1957-424. I affirm the uselessness of astral emotions in the face of life. I affirm the domination of will over them. I affirm that it is possible to live and succeed without plunging into the remnants of the astral vehicle. Action devoid of the astral principle will be dispassionate. This is the foundation of tranquility and balance. Having lost your wallet, you can treat this completely dispassionately, not allowing any movement in the astral plane. You can also respond in the same way to an offense. Actions are performed as usual, only emotions of the lower vehicle are removed from them. While punishing criminals, Akbar did not have any personal emotions. Two actions can look exactly the same - in one the astral takes part, in the other it is completely turned off. One must learn to at least partially perform actions by turning off the astral. Of course, this is unusual. And this very unusualness is so rare in people that it arouses in them some kind of incomprehensible fear when they feel in another person the absence of the astral principle in manifestation. This is understandable because balance is a terrible force. It cannot be if the astral is not curbed. Experiments with turning off the astral from actions should be repeated as often as possible. Such an action is infinitely stronger than an action saturated with emotions, for it is performed on a higher plane. Of two people of equal willpower, the one who owns his astral is infinitely stronger. Calmness is already a force even in a static state. Calmness in action is an irresistible force for everything and for everyone that is lower than it according to the design of being. Asserting calmness and dispassion, one asserts one's strength.

It is believed that when shouting or being hectic and incontinent, the energies of spirit and its strength are manifested, but this is not true, it merely reveals weakness. The strength is usually calm, and the restrained strength is extraordinarily strong. Sooner or later, one way or another, restraint, calmness, and balance will have to be shown, for these are forms of manifestation of the growing fires of spirit. These qualities are the accumulators of fiery energy, while the astral wastes them with every movement. Energy can be revealed in the actions restrained or unrestrained, higher or lower - the expenditure of forces occurs in both cases, only their amounts differs greatly. The unbridled astral makes person's fiery apparatus similar to a steam boiler all the valves of which are open. It makes it impossible to accumulate strength for work, that is for action. Therefore, it is advised to be like a closed casket and to act in a fiery manner. Only a restrained action can be fiery, for the unrestrained one quickly exhausts itself and makes a person an empty husk. A lot of determination is needed to curb the astral, because it manifested itself without restraint for too long time. It will not obey without a fierce struggle and resistance, for spirit is its enemy. The formula "if anyone slaps you on the right cheek, turn to him the other also" should be understood astrally, that is in relation to the astral vehicle which is not to be given an opportunity to respond or react violently to external influences that can cause its rage in response to resentment and insult.

1958-102. If you can master yourself in something, then you can in everything. What is hindering it? What counteracts? What is it that constantly and stubbornly fights within against the decision of spirit? All the same ancient enemy, the astral, accustomed to licentiousness and not wanting any control. Spirit wants to establish balance, calmness, mastery of itself, but the ancient enemy does not want it. Its astral will must be broken. It must be subordinated to the will of spirit, the Higher Will. The will and desire of the astral plane are crystallized in habits and in the usual rut of behavior. The old track will have to be abandoned. You have an example of how a

firm and irrevocable order with all consciousness for nine years has never allowed irritation in a case known to you. If this could be achieved in something, then the same results can be achieved in everything and in anything. It is only necessary to irrevocably and adamantly decide that this or that order of phenomena will never, under any circumstances, occur again. Of course, the astral will attempt to break the decision of will, but the slave is afraid of the master, so the astral is afraid of spirit. This sheath inside must be set a limit of self-will, disobedience, and uncontrolled manifestation. People around you, circumstances, the conditions, in fact everything will demand and cause antics of the astral, clownish behavior, but if it is decided with all the strength of spirit to put an end to this, it is possible to cope with it. One has only to imagine further connivance, licentiousness, and self-will this unbridled sheath will lead to. Judging by the example of those around you, you can see how it owns people, makes them rage again and again, and torments them with its violence.

Most people are complete slaves of the astral plane. Strength must be found and mastered, otherwise one will cut off one's further path and the fires of ascent, the fires of spirit will turn into consuming fire. You have to own yourself, whatever it takes. When a decision has been made, one has to endure to the end. The main thing is not to get infected with the emotional state of others and those with whom you have to constantly come into contact. One can find an excuse for their incontinence and weaknesses, but there is no excuse for oneself, no toleration, no excuse for even a single slightest outburst of astral irrepressibility. You can start small, but start decisively and irrevocably. It is worth thinking about why your own spirit may be betrayed and about the fact that this betrayal of your Higher "I" for the sake of the power of the astral plane is unacceptable. What prompts the astral grimace when one's spirit does not want it? You should think about it. It is necessary to understand more deeply why people brought to the extremes by the indefatigability of this frantic shell scourged themselves, tortured themselves, wore chains and hair shirts, exhausted themselves with fasting and vigil. Seeing its stubbornness and the impossibility of fighting it in the usual ways, they had recourse to extremes in order to somehow curb, calm, and master it. But Our disciple leads this struggle with a single principle of spirit. It is not the body that needs to be tortured and exhausted, but the astral, which stands behind it and pushes it into the next outburst. The monkey in oneself, the clown, the doll - this constant shame and disgrace to spirit - must be defeated in oneself and brought to complete obedience. Many attempts have already been made to curb it, and yet the stubbornness of the astral plane destroys all the best decisions, but it must be defeated, and eventually it will be defeated.

Life, rigorously testing the decisions of will, gives many opportunities to fight the astral. Why respond to laughter with laughter, to smile with a smile, to irritation with irritation, to anger with anger, to fear with fear, and so on? Why be a pitiful puppet in the hands of outsiders, often being unkind hands? After all, this means that someone else is controlling the movements of one's own astral sheath. Each time, succumbing to the mood of the interlocutor, his laughter, smiles, tears and all other feelings, the person discards his will and obeys will of someone else. What can such a consistent behavior lead to? Of course, to becoming a weak-willed puppet in prying hands. This is what you observe around you, when some people live only in order to evoke certain emotions in those around them, and others, in order to obey them and experience them. Better to sail in your own boat and not be directed by others. Your path means independence and freedom from other people's moods, both good and bad, both calm and restless. Does it matter in what form the slavery of spirit and its dependence on the state of the astral sheaths of the people around is manifested? Slavery is slavery and it is always shameful. *Tactica Adversa* [the tactical exhausting of the adverse] will show how low, to what humiliating state you can fall, if you do not stop the clown's willfulness with a firm hand. No clown is needed on the way to Brotherhood. We must, must, must curb ourselves at any cost. Without restraining oneself, the astral in others cannot be pacified. Not being appeased, it will torment consciousness until a limit to it is set by will. It is good that your recent experience caused a revolt of spirit. The revolt of spirit against the tyranny of the astral is the threshold of victory. If spirit itself voluntarily gave power once to the astral, it can take it back. By itself, the astral has no power, it is nothing, a shell, a husk. I gave, I will take back - this is what spirit says to itself to defeat the astral plane. You can carefully trace how the dominance of the astral over consciousness manifested itself in yourself and in those around you, and how they infected this frenzied sheath with their vibrations. Cold therapy is the best remedy against movements in the astral sheath, both one's own and someone else's. Coldness stops this movement. The astral senses obey cold restraint. Coldness kills their life. A cooling ray directed to the core of the unstable astral slows

down movements that take place in it and stops it both in oneself and in others. Cold therapy is a powerful means of curbing the astral body. To surrender to the power of the astral means to lose everything, therefore curb and master the astral at any cost, any sacrifice, discarding all connivance and all consonance with its expressions and grimaces. The herd instinct and the desire to act and behave like everyone else are strong in people, but sailing in one's own canoe excludes the formula "like everyone else" in its astral aspect.

1961-9. All the time that is and will be is at one's disposal, and therefore one can achieve everything he wants. Astral in its manifestations is bipolar. Mastering the movement in this vehicle, occurring at one of the poles, leads to control over the manifestation of movement at the opposite pole. Don't get attached to anything and you will have nothing to lose; do not rejoice at anything, and you will not cry. Do not allow the astral plane to manifest at one of the poles, and its opposite pole will be silent. This is the basis of dispassion and the lever for subjugating the astral plane, the key to power over it. Astral is the center, citadel and focus of selfhood, and all its experiences center around itself. Selfish, personal grief and joy are so far from the concept of the Common Good - notice: the common but not the personal. The absence of egoistic joy does not deprive one of the feelings of supra-personal joy or cosmic joy. They are as different from each other as Light and darkness. Malevolence and selfish joy are not far from each other by nature. Dispassion is achieved when the astral becomes silent and movements in this sheath stop. It is difficult to fight astral grief, but astral enthusiasm or joy can be suppressed at their very inception. The joyful jumps of a calf in the meadow are not borne by wisdom - they are followed by a pitiful bleating and complete helplessness. The Teaching indicates not to rejoice and not to grieve too much, and, We add, even when it concerns impersonal joy, for until the stage of cosmic joy is reached, balance is maintained with difficulty. Balance is the basis of the strength of spirit and its power. And therefore, at the beginning of the process of its affirmation, one should balance the movements occurring in the astral plane. It is also instructed not to be amazed at anything, not to be surprised. This applies to phenomena of the same order. The Master's power is based on the complete balance of spirit. The astral does not react in any way to everything that happens around - this is the ideal to which the disciple aspires. In the voice, in the look, in the movements and gestures, in the emotions and feelings, the astral sheath fiercely strives to reveal itself. These manifestations are its food. They are enemies of balance, enemies of man, jailers of his spirit. With each emotion a person gives himself up into slavery to the astral, for it is not he, but his self, the indefatigable astral, who holds the lever in its hands and subjugates the psychic activity of consciousness. You can rejoice and smile, but not for the amusement of the astral. The clown is restrained by an iron hand. You can trace how it acts. If everyone laughs, it laughs too; everyone cries, it cries too; everybody runs in the animal paroxysm of fear, it rushes too; everyone is trembling with imperil, and it is angry too. So, imitating and becoming infected, it does everything that people do, knowing no restraint or control. But why be a clown or a monkey, when one can refuse to react in any way to the manifestations of the astral in others, that is to demonstrate balance? Why try to overcome the highest peaks - this is not always possible, - when it is possible during the day to begin the affirmation of the Fiery Yoga in small things, leading to the attainment of the power of spirit? After all, the path lies through oneself, for man himself is this path. Each unipolar movement of the astral plane occurring during the day is an opportunity to control its antipodes. They are small and insignificant, but the goal is great and shining and is achieved by curbing them. One can strive towards it, keeping in mind that everything is achievable.

1963-185. The eradication of lower emotions nesting in the astral body should begin with this body, leaving alone those external phantoms that are clothed with form and come to life only because they are nourished and energized by a root that has established itself in the astral vehicle, sticking like a sick tooth. If the tooth is hopeless, it is removed. If the root of the emotion is not good, it should be pulled out. But for this it is necessary to understand that the enemy is hiding inside and that external manifestations are only phantoms, under the external form of which the true reasons for all the so-called temptations are hidden. Temptations of St. Anthony the Great clothed in forms and the visions surrounding him were rooted in the elements of the astral plane, which had not yet been outlived in it, taking the guise of external phenomena. In this case, there occurs kind of objectification of one's own subjectivity. It is useless to fight until the fact that the cause of it is rooted inside is realized. Nothing from the outside can impact the one who has nothing in himself that can be in tune with the

external influence. Smoking is no longer a temptation for the one who defeated it, even if smokers smoked around. The astral demands experiences, it wants to react to everything in order to live. At a certain stage in the evolution of the spirit, this sheath is not needed at all. It is possible to spend some periods of the day in complete silence of the astral plane, with the astral not reacting in any way to the influences that usually cause movements in it. This lack of astral reactions in a person is so unusual for people that they feel anxiety and even fear when they see that someone does not react in any way to what, in their opinion, should excite a person! If it is impossible to spend the whole day without letting the astral plane show itself, then for some time you can always force it to silence by an effort of will. The silence of the astral will be a victory over that annoying sheath, that is not restrained if will does not subjugate it to itself. It must be defeated at any cost, otherwise it is impossible to rise beyond a certain level. It is good when something or someone, constantly testing us, causes unwanted emotions of the astral plane, because this makes it possible to start a struggle with them, but not with who or what causes these emotions, because he or she or something else has nothing to do with it, namely with the root, with a reason that is rooted inside. The struggle is not easy, but victory gives so much that it is worth working hard on it.

1962-406. Regarding astral mechanics. Astral mechanics is better called psychomechanics or psychotechnics. Indeed, in the astral world everything moves by thought, and all phenomena of the astral nature are also created by thought. A flying carpet, an invisibility hat, a magic wand - all these things which are so difficult to attain on Earth, with some knowledge are easily achieved in the Supermundane World. Thought creates. But, of course, the thought must be trained to a certain extent and the imagination must be sufficiently developed. Weak, vague, fuzzy thinking will not give clear, complete images and will not provide them with stability. Likewise, ordinary everyday thinking will not make the Subtle World magically fabulous. Creative imagination that sharpens and intensifies after liberation from the body, creates person's environment, since the disembodied one receives the creativity of spirit. Unfortunately, this power is wasted, as thought was wasted on Earth, on the creation of the same routine and vulgar things, as it was in the earthly world. Of course, poets, artists, writers, and all those whose creative imagination has vigorously worked on Earth, will continue to create there, only more intensely and arduously. Thus, the psychotechnics of creativity in the astral world is backed by creative thought. It is possible to create any conditions and any setting for those inhabitants of the Subtle World who suffer from poverty of imagination. As in a fairy tale, you can create even more wonderful things there with a movement of a magic wand, than in fairy tales. Werewolves, enchanted places, enchanted people and everything that is produced by human creative imagination - all this is the reality of the Subtle World. The Subtle World is fluid. It also has its own strong, stable forms, against the background of which human imagination and will can create new ones. The lower strata are filled with bright and ugly monstrous forms. Everything conceivable by people on Earth, that was hidden and secret, receives its visible manifestation there. However, We are not talking about the lower strata, but about the higher ones. In a beautiful, harmoniously consonant world, you can create shining, beautiful images of thought that will decorate everything around you. There you can present a wonderful castle to your loved one, in which he or she will live, enjoying the beauty of its forms and inner splendor. Everything beautiful created on Earth can be transferred there. All this has already been transferred there, but nothing prevents one from combining known forms into new compounds. What a rich field for the play of creative imagination and what inexhaustible possibilities! Only the limitations of the creator's thought set the boundaries. But We call for Infinity: the infinity of beauty, the infinity of creativity, and the infinity of the possibilities of spirit.

16. Physical Body

1956-911. The physical sheath constantly reacts to movements occurring in the astral, the astral, to physical movements and thoughts. One must be able to achieve, at least for some time, such a state that the physical body does not perceive the movements of the astral plane, does not respond to them and maintains complete immobility, that is calmness. This will be the highest degree of physical or bodily self-control. The flow of vibrations, as it were, is not allowed to flow into the dense body, being fenced off from it by a protective wall. This will be the complete quiet of the physical sheath. It can be enjoyed in any environment. And even by keeping records, you can restrict muscle and other movements, using only the most necessary ones. A lot of unnecessary and harmful movements that waste energy are happening all the time. They must be mastered. The example of a nervous, agitated person or a madman shows the extreme expression of this intemperance and how people should not behave.

Mastering physical movements, especially the so-called nervous ones, is a difficult task. For complete licentiousness is manifested in this respect by man. The entire person twitches uncontrollably: the head, muscles of the face, legs, arms, and the whole body. It is worth observing oneself to see to what extent you are a victim of reflex movements. Of course, sometimes they are necessary and inevitable, but the licentiousness of the dense vehicle has far crossed all the boundaries of the necessary protection. The reactions of the dense body and thought act on the astral sheath. As if possessed by demons, this sheath writhes in a constant stream of unrestrained emotions; in spite of its will, it goes out and flashes repeatedly with impulses of black fires. Sometimes it is even more difficult to call it to silence and peace than the physical body. It is mainly a stream of thoughts that acts on it. Thought determines the movements in the astral plane. Thought is regulated by will if a person wants it. This means that the mastery of this sheath is carried out with the help of thought by will that regulates thought.

By itself, this sheath has a tendency to vibrate constantly, for this is its life. By vibrating, it absorbs an enormous amount of life force. Psychic energy flows out as if into a bottomless barrel, depleting the body to the limit. It is necessary to curb this vehement sheath. Likewise, in the mental body not a person controls thoughts, but thoughts control the person, uncontrollably and arbitrarily occupying the field of consciousness. Thoughts need to be controlled first of all, because only through thought can the astral be curbed and subordinated to will. Will is above all three as something higher, capable of directing movements in each of them. Will regulates thoughts, thought, the astral, and the astral, the body. Thought can act separately and independently on each of the lower vehicles, and will, on all three. Sooner or later, easily or with difficulty, voluntarily or under the pressure of ardent necessity, all three sheaths will still have to be subordinated to will. Consider this as the path of inevitability. At a certain stage, the lack of control and power over them means a catastrophe. And, of course, then the path is cut off. Perhaps the inevitability of mastering oneself will accelerate this process.

Self-control of a yogi, which is not accompanied by the usual reactions of either the body, or the astral, or thoughts, must be achieved at any cost. Something happened, and everyone is running, screaming, and worried; someone is crying or is hysterical, everyone is in a whirlwind of movements - physical, astral, and mental. But the yogi, having perceived in his consciousness the phenomenon that caused these vortices, uses his will not to allow them to get in touch with his sheaths. They are silent, they do not react in any way. Complete calmness, complete balance, complete absence of movements in each of them. And cold, hammered thought, curbed by will, reigns over all. And only then, in complete equilibrium, being free and not affected by either external or internal vortices, he employs his will to direct his actions caused by the demands of the moment. This is the difference between the actions of a yogi and ordinary people. Yogi's self-control is something that escapes the observation

and understanding of others, but nevertheless it is powerful and clearly felt by everyone, for the power of balance is like a reliable tower and refuge, to which the gaze of everyone around them instinctively and involuntarily turns at critical moments of life.

1957-207. The vitality of thought and thought saturated with the Cosmic Principle are essentially different. They are just as different as the magnetic life force of a healthy, strong person and the spiritual power of a person, perhaps even a sick person, are different from each other - the first is weaker than the second. This is easy to find if you observe both during serious illness - the former will immediately weaken. And especially in old age, with a long illness, the person will become a weak, helpless being, while the second will become stronger with every moment, for spirit, freed from the chains and power of the physical body, will all the time feel its growing strength, no longer bound by dense sheath. This is the difference between spiritual and non-spiritual people. Some in weakness and disease lose their strength, for all of it was animal-magnetic, while others, on the contrary, weakened in a physical body, enter into more and more complete possession of their spiritual property, which is not subject to death. How many times has it been possible to observe in life that physically weak people, but strong in spirit, were stronger than others, much healthier and more physically strong? It is necessary to distinguish in a person the spiritual power, the fiery power, the power of the treasure of psychic energy, collected in its immortal crystal, the Stone of the Treasure of spirit, and the power of animal magnetism, the life force, which gives the illusion of power in a person simply because there is a lot of it. It is good to have health, but even better in combination with spiritual strength.

Spiritual strength, the strength of fire, cannot be accumulated overnight. This is the accumulation of millennia. Use every disease, every ailment as a means of powerful assertion of the fiery force in yourself, for when the physical body is weakened, the strength of spirit can powerfully manifest itself, being no longer restrained, as in a healthy body, by dense barriers of coarse matter. Therefore, we call the disease the Visit of the Lord. For spirit is given an opportunity to establish its strength and manifest itself in the body more freely. Disease weakens weak people, but strengthens the strong ones. As if the doors of the wonderful world are opened, and the spirit asserts its essence. Many ascetics and bearers of Light suffered from severe physical ailments. And nevertheless, the healthy went to them for support, for consolation, so that they could draw strength from them, the sick, for themselves, the healthy, and left as if on wings, and sometimes received bodily healing from them, who were sick but mighty in spirit. Therefore, let us reconsider our attitude toward the disease. For starters, let each disease be a process of struggle between spirit and flesh. Each disease must be fought to the end in order to defeat it. But old age has not yet been conquered, you have not been conquered, and some diseases are inevitable. Then they are used as a means of affirming the power of spirit as the physical body weakens. But I will say this about old age: one can and must fight against it, not allowing the old age of spirit. If a spiritual person allows himself to grow old in spirit, this is really the end. For atoms and molecules do not age, but the body does.

What is old age, what does wear out if the very essence of matter remains unchanged? Of course, in a scientific, broad sense, atoms also age, but the life of some of them goes far beyond the limits of human life. No, something else in a person grows old and then disintegration begins. All living things are subject to this. Planets and even entire systems of worlds are aging. But in a person who has been given power over the flesh, this process can be suspended or slowed down in one way or another by a conscious, constant, persistent, and rhythmic effort of will. Arbitrary movements in a person are subordinated to his will. The involuntary ones also obey it, if you can do it, - almost everything. Will is to be deliberately directed towards maintaining vigor, strength, and the correct functioning of all organs. Consciousness has to hold a firm and stable idea of the body in which it dwells as an instrument of the spirit that does not want to grow old. It is necessary to give the body thoughts that are directly opposite to the phenomenon of old age, and thus to stop, to a certain degree, the process of aging. Here a thought must be involved, which is not restricted by any way of accomplishing the task set before it. Every time when the thought of aging of the body comes, replace it with the opposite thought and do it consciously.

We have mastered the secret of youth of the physical body and can maintain it in the body for more than one hundred years, if necessary. I am also preparing your consciousness for new opportunities. I do not promise eternal youth now, but I affirm that you can keep the freshness and vigor of the physical body much longer than ordinary people, and quite successfully if you apply understanding and aspiration to it. Affirm the primacy of

spirit. This is very necessary and very important not only for today, not for one life only, but for the future when you achieve complete control over the body and the processes taking place in it - something We have achieved and what We will teach you when your time comes. Now we just prepare your consciousness for it, for it cannot be achieved in one life or in two or three lives. Right now, we are planting the seeds for future achievements. Understand the secret of drawing a longer line. Understand the meaning of actions that far overstep the boundaries of one or more lives. Our path is far - to Infinity. Learn to understand the meaning and significance of millennial actions, cast distant anchors as far into the future as possible. Go with thought which reigns over everything, and over time too. As an ordinary person lives a single life, so you also live a single life, but stretched from eternity to eternity through centuries of the endless time. And remember that everything is achievable and will be realized sometime and somewhere, if you have planted the seeds of even the most unattainable achievements at the proper time. In time, in the future, everything is achievable. Right now, sow in your consciousness the seeds of achievements that will be yours if you apply the fires of your thought to it. But you must wish it. You are the sower and the future is in your hands. Create your immortal future with the thought in agreement with your will, without limiting yourself to anything.

1963-150. We affirm the freedom of spirit from all external influences and the power of spirit over all of its sheaths. Let's start with the physical body. The body cannot be subjugated to oneself at once - it takes time. But every attempt or effort to master your body, its ailments, weaknesses, and the work of its organs is a victory over the flesh. One thing we can say is that every effort in this direction is a seed that is laid in the sphere of its microcosm, which in due course of time, but immutably and inevitably, will give its fruit, its results, that is it will lead to mastery of the body. Sooner or later, one will have to master both its conscious and subconscious functions. Every healthy person can raise his hand at will, but to force the kidneys, the liver, or the intestines to function more vigorously can only the one who applied strength and knows how to do it. It is emphasized here that no matter how difficult and unattainable mastery of the body may seem, it is achievable, but it takes time depending on the abilities of the spirit. It is very easy to stop the blood during a cut by will; you just need to know that it is possible and that blood obeys the action of will willingly and quickly. You can exercise on anything anytime, and especially with various diseases of all kinds. You cannot treat infectious diseases by suggestion, but you can help by sending waves of psychic energy to the affected organs and causing a rush of blood into diseased tissues. You can help yourself and others. Only in the case of others should it be remembered that it is necessary to apply commensurability and expediency. The amount of psychic energy given out should not exceed the legitimate expenditure, otherwise one cannot avoid one's own imbalance. It should not be forgotten that Ramakrishna was torn to pieces mentally. Your battery should always be charged positively. For someone who knows how to give, it is very easy to empty the treasury, but it is extraordinarily difficult to replenish excessive giving out. Wise giving out is determined by expediency.

1957-403. We will talk about small overcomings of the flesh, for we will start with them when we are far from the great ones. In your life, see what you can overcome at any given moment. It may be fatigue, malaise, transient pain, or sleep disorder. Each new victory gives an accumulation of fiery power, no matter how small it may be, if only this is a victory of spirit. Thousands of possibilities are scattered among ordinary life, making it extraordinary. The body is conquered by the fire of spirit, increasing and accumulating crystals of psychic energy with each victory and gradually giving power to spirit over the fiery element in itself. Mastering it in oneself, one can begin to manifest this power over the weaknesses of another's microcosm, helping people to become strong as well.

1957-115. Breathing is the process of accepting the Spatial Fire into the organism in order to maintain life in it. The Spatial Fire is not an abstraction, but a fact. Using breathing, one can warm up by increasing the fire. Each intensified action requires an additional amount of fire, that is increased breathing. The fire received in this way from space can be concentrated in the form of fiery crystals in any part of the body to enhance the action of the life processes taking place there. This fire, concentrated in crystals, will act there, pulsing and increasing the vital activity of cells. Each cell of the body is a fiery battery pulsing with fire. Dead cells have no fire. The process

of focusing fire at any point of the body requires concentration of all consciousness on this location or organ, and then psychic energy crystallizes. You can order it to act in a certain direction by giving a task for a certain period of time. Just as a medicine is put into a tooth for a specific effect on a nerve, crystals of fiery energy are likewise put into a diseased organ to heal it. The task entrusted to psychic energy is expressed in the form of a clear picture, which must ultimately appear realistically as a consequence of psychic reality. The psychic image takes on a visible material form. Fire is magnetic. Intense fervent prayer attracts sparks of Spatial Fire to the worshiper. In ancient temples, fire descended from heaven and lit the lamps at the sign of the Hierophant.

1953-286. Everything that exists is a form of this or that duration stretched out in time. The length of a form in time can be from a few seconds to millions and billions of years. The life of atoms of various elements may last from seconds to millions of years. The forms of the plant kingdom die and are reborn, each keeping in its core its immortal essence that transforms from form to form. Likewise atoms, losing or gaining electrons, change the forms of their expression and, forming new ones, retain an invariable center of attraction, or the core of their essence. If the elements of a short duration of life in the physical body are replaced with elements of longer duration and kept near the center of attraction, then their disintegration and disintegration of the body will stop.

If you put a piece of meat and a rusk of wheat bread in the open air, it will decompose quickly, but the biscuit can lie for years in favorable conditions. So the elements of decay are hidden in the food that a person takes. Light food is absorbed quickly, reducing the possibility of its decomposition in the body. Fermentation products decompose especially easily - this is their harm. Cheese as such is especially harmful. Heavy, oily, fatty fuel gives a lot of soot and fumes - a smoky fire. It is hard for the body. There are substances that give a clear, light, transparent flame. Let's just say: there is food that contributes to the generation of black, or lower, fires and vice versa. The products of fermentation and decomposition permeate human bodies saturated with poisons. Consciousness greatly facilitates or, conversely, complicates the process of assimilation. The more fiery the consciousness, the easier it will neutralize the action of poisons. Hence the formula that it is not food that defiles a person, but thought. And yet, after a certain stage, the diet becomes inevitable, for otherwise it is impossible to attain refinement of the organism and its purification.

Decaying living people are not uncommon. Fetid is dead consciousness. The body of a deceased person is a form from which fire has retreated. And if the lights go out and wither while the person is still alive, partial decomposition is inevitable. Diet or fasting are nothing more than a method of temporary cleansing of the body with the help of food that does not contain rapidly decomposing substances or substances that cause fermentation. Abstaining from consuming oils and sugars is correct. The issue of revising the human dietary regimen should be considered on a national scale.

It would not be wrong to say that 25% of human longevity is determined by the quality of food. The second factor is thought, the third is the state of the astral plane, and the fourth is the quality of psychic energy, or available fire. It should be noted that the process of decomposition is not limited to the physical body. It can spread to both the astral and the mental vehicles, and consciousness itself may undergo decomposition especially easily, due to its complexity. Therefore, a certain degree of tension of psychic energy - the all-binding fire - is necessary. Retirement from work is harmful and unacceptable. The flow of energy of the habitual tension generated by daily work stops and the fire subsides, causing illness and premature death as a result. Retirement is a crime of the state against man.

The less food is introduced into the body, the better and the faster it is absorbed. Therefore, gluttony and burdening the stomach are undoubtedly harmful.

17. Dreams

1963-300. The manifestation of dreams is undeniable. Their reality confirms the reality of the Subtle World. The substance of dreams is of a different nature than that of the material world. The name "material world" is not accurate because all worlds are material. It would be more accurate to call it the dense world. But regardless of this, dreams are still real, and the forms observed during sleep are very much connected with thinking in the earthly body. They are, as it were, variations on earthly themes, but not bound by earthly limitations. Dreams can be controlled and regulated by the order of will. Subtle consciousness obeys it after some training. The moment before falling asleep is very important if will imposes its decision on the further flow of thoughts at this moment. Not a passive immersion in the bosom of Morpheus, but a consciously volitional transition to the Subtle World. Desire alone is not enough, an order is needed, clear, firm, and definite. It is also necessary to choose the sphere of activity of consciousness. Drips and drabs of earthly brain activity cannot replace conscious activity on the invisible plane during sleep. Much is happening and is being done at this time, if the consciousness is sufficiently expanded, only the memory of what is happening does not remain. On the one hand, this should not be allowed in order not to get too far away from Earth; on the other hand, the unification of the worlds proceeds through consciousness the centers of which must be sufficiently developed. In practice, the solution to this issue should be approached through the conscious and systematic use of the moments of falling asleep and the application of the volitional command of the whole consciousness. The meaning of dreams can be very profound if approached with knowledge of the role of sleep in human life. Sleep is as necessary for the life of the body as food, for it provides nourishment of the system with psychic energy which saturates the subtle body. Psychic energy is Fire. Its homeland is the Fiery World. Contact with the fiery goes through the subtle, but it is necessary that the physical body does not interfere. A deep understanding of the phenomenon of sleep is needed if there is desire to take from it everything that it can give.

1963-423. Nature repeats itself in both the large and the small. Manvantara and Pralaya are reflected in the cycle of human incarnations as life and death, day and night, wakefulness and sleep. Therefore, day is the world of causes for and sleep is the world of effects. As at the moment of death, the last minutes before falling asleep are of particular importance for person's subsequent state. All daytime behavior, thoughts and feelings will be reflected in the state of sleep, but the last moments are decisive. What the person will see in a dream is not what he wants to see, but the brightest and most intense daily scenes will be reflected in his consciousness, and he will visit the spheres that are in tune with his aspirations. The state of sleep is very sincere, since a person in a dream reveals his true essence. It would seem that the loftiest thoughts flew before consciousness only in the daytime, but at night something completely different is reflected in dreams and the dreamer sometimes sees himself completely unworthy. This shows that something has not yet been outlived and nests somewhere in the depths and nooks of the soul. Sleep is a very just state and its impressions are based on the law of consonance. Sleep requires a very attentive attitude towards itself and the desire to streamline it and, most importantly, the desire to retain the impressions of being in the Supermundane World upon waking up. Usually these impressions are very disordered and it is difficult to separate the phantasmagoria of fragments of thinking from the reality of the Subtle World, but breakthroughs into this reality still happen to everyone; you just need to bring these gaps into a system. At a certain stage, the state of sleep enters into consciousness, and then person's being is enriched by contact with the Subtle World under the condition of this or that degree of consciousness. Further, this consciousness, "waking consciousness," during sleep can become uninterrupted and very active. The first

condition for reaching this stage is the cleansing of the entire human being from everything that is subject to expeditious elimination. For unpurified consciousness can establish a connection with the lower layers of the astral plane and bring back the fluids of decay and infection. The danger to an unclean heart is great. Therefore, the memory of the impressions of sleep in ordinary people is not preserved. Mediums and psychics see and remember more, but we will not envy them, for if they are not pure enough, darkness takes possession of a weak-willed and impure consciousness. It may result in obsession which is a calamity of humanity. Enough time can be devoted to ordering dreams and the associated cleansing of the sheaths. On the other hand, this will also be a preparation for the post-death state, for, as the Eastern wisdom says, "a dream is like death."

1963-191. Dreams will gradually acquire harmony and meaning and permit insight into the reality of the Subtle World. This cannot be accomplished at once - without the refinement of perception, the dense sheath will not withstand. The unattractiveness of some of the movements of the astral in some people is so obvious that its ugliness is repelling. Smell, color of radiation and color of thoughts - everything is ugly. Habitual thoughts become larvae, absorb luminosity, and leave their imprint on the physical body. This is how the habitual low thoughts operate. They twist nests in the human aura. Lightening the aura is achieved by freeing oneself from these ghouls and vampires. After all, thought is the living essence of the Subtle World, regardless of whether it is high or low. Ordinary thoughts go into space, habitual ones settle on the aura. A lot of them accumulate during life. They grow into the aura. The vehicles get used to vibrate on them, collecting and accumulating in themselves the elements that are in tune with them. Cleansing them is necessary for uninterrupted progress. It is difficult to heal the ulcers of spirit in the Supermundane, for the force of attraction from the layers of the corresponding matter of thoughts consonant with the aura is almost insurmountable. If these thoughts and the power of their magnetic attraction and attraction to them cannot be defeated here, then how can they be overcome where everything is sharpened and intensified to the upper limit and acquires a vivid appearance? The attraction of the lower strata is terrible. Only he is free from these layers who does not have anything that can be in tune with them. The law of consonance operates on all planes, in all worlds. You can't get rid of it. It is possible to use its power consciously, purposefully, and at the level of the highest strata of the Subtle World, but one must start here.

1967-194. Sleep is a very sincere state. In a dream, a person usually behaves in the same way as during the day. But this sincerity is even more complete, since latent behavior is added to the usual external behavior, which is allowed in person's thoughts, dreams, and feelings, carefully hidden by him in his daytime life from others. A person, as it were, opens up all over and becomes what he really is, without embellishment. This state is very similar to the stay of the deceased in the Supermundane World when everything secret becomes plainly apparent and accessible to the view of others. Lack of privacy can confuse the most persistent spirit and throw it off balance. Therefore, it is good already on Earth to learn to behave in such a way that the external expression corresponds to the internal state. The antipode of this is the behavior of a hypocrite, prude, Pharisee, deceiver and all those who hide their true feelings and their face behind the smile of an external grin of their skull. The correspondence of external and internal expression is also necessary because outwardly a person always strives to seem better than he is, because he does not want to externally reveal his internal ugliness, and with this correspondence he will have to pull himself up internally. That is why behavior in the astral plane in the absence of such a correspondence is shameful, licentious, and completely unacceptable. You know how a thought admitted during the day is realized suddenly in a dream, even against your desire. Strict control over thought is needed not only for the dense world, but mainly for preparation for the Supermundane stay.

1954-178. My son, the Teacher has many ways to give knowledge, but the main conduit is still the state of sleep. The person's essence is freed from the heavy shackles of the dense world, and the mind is ready to receive another lesson. We teach in dreams. The person brings from the subtle spheres to Earth new thoughts that live in him subconsciously and act in him, from time to time rising to the surface of consciousness. Much of what is recorded by people as received from above, they received during sleep. The habit of rushing to the Teacher upon falling asleep is good. It leads to incalculable consequences. Something big will be born from the small. It is only necessary to carefully study the impressions that arise in consciousness immediately after sleep, and

especially the first ones. Morning thoughts after a night's rest are good if they are directed towards the Hierarchy of Light. Just as the beam of a searchlight finds the desired place in the darkness to illuminate it, so the beam of consciousness, directed into the darkness of the night, finds that to which the heart is directed. The ray of consciousness is directed by will. They say that sleep is like death. This is right. After death, a person enters the Invisible Worlds, gradually shedding worn-out sheaths. Rising to the height he is able to reach, he digests the earthly life's experience and, assimilating everything and gathering new forces, returns again with a new supply of fire and a new desire to face follow-up trials, lessons and experience. In the same way, sleep first of all brings renewal and restoration of fiery power; all sheaths are renewed and the daytime experience is assimilated. The body and the brain are resting, and the next lessons are given on the Higher Planes. But in the case of sleep, as well as death, the direction of spirit and the spheres visited by it depend on the last pre-sleep or pre-death striving. Therefore, I say: "Strive consciously." Only habitual laziness and inertia prevent all thoughts, all energy from being directed to Me for a consonant reception. Upon completing the worries of the day, the pre-sleep state must be deepened and improved. A person can devote a few minutes to conscious striving to the Higher World. All excuses are untenable, for, falling asleep, the person is freed from earthly worries and labors. One can and must throw all the forces of spirit into My World in these short minutes, striving towards Me. The harvest will be great, thought will flow fruitfully, and there will be different meetings and impressions brought from the Higher Spheres. Show concern for sleep. Thinking about earthly torments, grief and hardships before entering the spheres of the Invisible World must be abandoned. I indicate the easiest way, but you need to renounce, move away from yourself, from your own "I" filled with earthly affairs, move away from the self, so that spirit rushes freely. Leave the load of earthly remnants at the entrance. So I want to facilitate in various ways separation from the affairs of everyday life both in dream and in reality. If in earthly life it is impossible to abandon karmic affairs and debts, then sleep opens the doors of freedom, and one must enter into them without a burden on one's shoulders. You can't take off with a heavy load. The seals of the earthly cargo must be removed from the wings of spirit, and then flights are possible.

1962-316. A firm, clear and decisive order of will to your subtle body before going to sleep nullifies the attempts of the dark ones to suppress consciousness, causing nightmares. During sleep, the subtle body is protected by fiery thought. It is too late and difficult to defend oneself in a dream when the thought is not ready to defend. If they darken consciousness during wakefulness, then it is all the more easy for them to do this in a dream. But the weapon of defense, the fiery thought, is always at the disposal of disciple, and it is awake when the earthly consciousness is immersed in sleep.

1966-190. Sleep serves as an excellent indicator of how earthly layers of spirit are transferred to the subtle state. The spirit has no age, at least in its usual sense. But in a dream, they often see themselves at exactly the age at which the body is. Flying in a dream is already overcoming the earthly limitations of the body. In the same way, it is necessary to instill in consciousness that spirit is free from the age qualification. The state of sleep should become a state of freedom from the usual notions of dense existence. Gradually, but persistently and systematically, we will free ourselves from earthly vestiges, and the sleep state can serve as a test of how much we have succeeded in this direction. The process of preparing for going to bed is done by the way of life. After all, sleep is a small death. The readiness of spirit for it and the correct approach make it possible to be ready for a great death. After sleep there comes awakening; after what people call death, life in spirit. It is necessary to radically revise the concept of death. Death means transition from one state to another, from the dense to the subtle, but by no means annihilation. True, personal consciousness dies out, but after the death spirit awakens to life within the limits of those possibilities that it determined for itself by its earthly incarnation. After all, it is said clearly: The Subtle World is perceived by consciousness. Is not the dense world perceived by consciousness too? Do not the world of Plato and the world of a drunkard-bogeyman differ in the degree of their consciousness so far from each other? The laws are the same in everything, for both above and below.

1966-678. If "sleep is like death," then each falling asleep can be done as a rehearsal for the transition to the Subtle World, when you have to part with the dense body completely. Results cannot be expected immediately.

The impressions of being in another world during sleep will gradually reach waking consciousness and accumulate over time. For an Arhat, sleep is a conscious transition into the Supermundane World and a conscious stay and activity in it. This consciousness, or rather the continuity of consciousness in a dream, serves, as it were, as the threshold of uninterrupted consciousness at the death of the physical body. Therefore, the ordering of sleep and the desire to retain consciousness in this state are of great importance. Of course, when the brain is asleep, the nature of consciousness, if it has been preserved, changes and undergoes some transformation. Sleep can be transformed into a waking subtle state. The main thing here is the affirmation of thoughts when going to sleep. One must learn to completely detach from the dense world and daytime interests, at least for a few minutes, and plunge into sleep free from those magnetic connections with the earthly environment that tightly hold a person a captive in the dense world. Considering that sleep is death in miniature, one can learn to abandon and free oneself from earthly affairs for this time. Then the transition of the Great Boundaries will be simplified and the retention of consciousness will become possible. To preserve the continuity of consciousness means to achieve immortality. Spirit is immortal, but while dying, only an Arhat retains consciousness and knows that his body has died.

1956-153. The manifestation of thought is still little understood. Thought is attributed to the activity of the brain. The brain is believed to be thinking. But the brain is only an apparatus for manifesting earthly thoughts. The thought itself is higher. You can think without brain and its mediation. The brain only interferes with many processes of thinking. How did Kovalevskaya solve the most difficult problems? Instantly. The brain did not have time to keep up with the speed of the fiery thought. When leaving the body, when the brain is asleep, the thought, freed from the brain, acts and this circumstance does not prevent a person from thinking, or making certain decisions, or feeling and experiencing the whole complex of conscious life, although somewhat different from the earthly life. Dreams of the future also indicate the intensive reality of thought not connected with the brain and its tools, external feelings. Also, at the moment of falling asleep, the activity of the brain is suspended; pictures, faces, and other thoughts that are not connected with the dense world, fragmentarily reach consciousness. Sometimes it is even necessary to suspend brain activity so that it does not interfere with the smooth and unusual flow of thought. Pay attention to how the brain invades and interrupts the process of fiery sendings and fiery perception. And how many years of hard work it took to ensure that the fiery Records and their harmony were not disturbed by the intervention of the brain to a greater extent than is necessary for the purely physical process of recording! How painful and unpleasant is this coarse intrusion into this subtle and intense process of fiery perception! And the dreams themselves are now very different.

Often impressions from the Subtle World, where there is its own life and its own thinking which does not need a cerebral apparatus, reach the earthly consciousness. The sphere of thought is higher, and the Thinker in a person is not a brain. The brain is needed for Earth, and it is closely related to the external senses of sight, smell, hearing, and so on. Even memory and its storage are not associated with it. The brain often cannot extract from its archives even what it knows is in it. It knows, but still cannot retrieve, for the memory is deeper. The brain sees up to the length of the eye and hears up to the length of the ear, but the eye of the soul can see far beyond these small limits. It is not the brain that foresees, but the heart. The brain is a good plowman but is limited by a small sphere of its physical capabilities. The limitations of the brain must be understood before making acquittance with limitless possibilities of thought in a person, when the Thinker in him attains the awareness of His power. The hand is a lever for the energy of thought and the brain is a control panel, but behind them there is a Thinker - the lord and master of both.

1967-31. By the power of dreams, one can judge how strong are some of the impressions and influences of the Subtle World. Not obscurity, but the brightness, strength and distinctness of subtle conditions sharpen all perceptions. If they are from the Light, it is good for spirit that sounds in response to them. But if from darkness, struggle is inevitable and victory is necessary. Falling limply under the waves of dark influences means surrendering yourself to darkness. It is impossible to fight the response to these sounds if the elements consonant with the darkness still clog the vehicles. Therefore, cleansing from them is carried out on Earth.

1954-68. In ordinary people, even sleep interrupts consciousness and does not leave memory of having been in the Subtle World. But sleep is like death. In both sleep and death, one can maintain an uninterrupted consciousness. This signifies the achievement of the state of immortality. How to achieve it? First of all, it is necessary to admit that such a state is possible. The second step is to start learning from the phenomenon of small death, that is sleep, trying to immerse in it and going out of it, while preserving memories. Let it be the first scraps of some other, unrelated life. Over time, coherence and harmony will come, and dreams will acquire new meaning and bring knowledge. Sleep is not just rest. Sleep is so much more. The spirit plunges into the spheres of its Supermundane Homeland, receiving new vitality from there. The physical body is asleep, but the higher sheaths are awake. For ordinary consciousness, the barrier is impassable, but with refinement, one can begin to receive glimpses of a different order of existence. This state can be given harmony if, before falling asleep, give a certain direction to consciousness, which will determine the scope of visit.

The moment before sleep is very important, because the further direction of the flight of consciousness depends on it. The direction of the arrow is given by the bow, and then the arrow flies on its own along the course obtained in this way. When re-affirming the chosen direction, it will be easier to register impressions, because it is easier to follow the beaten track. Thoughts affirmed before sleep will get in touch with the object of striving, contact it, enrich it with its aura, and return back, multiplied by the consonance of the elements inserted into them before sleep. You can send a servant to the market to buy necessary things. In the same way you can send a servant - the subtle body - for the right spiritual food or for the right thoughts. And if the order is inviolable, it will certainly be carried out. All the sheaths must obey the sovereign residing inside, but they must be taught, as the hand learns to write, the legs to walk, and the eyes to read. All abilities are the result of the volitional subordination of one or another vehicle to the command of will. In the same way consciousness gets trained and accustomed to rule its sheaths in which it manifests itself. Many exercises are dangerous, because they can upset the balance of the entire system, but control over the thoughts that precede falling asleep, and the establishment before sleep of a certain state of consciousness in tune with the higher aspirations is very useful and can bring unexpected results. As always, the Teacher remains the final focus of striving. Aspiration from below and help from above will create the necessary bridge. Why not use the subtle capabilities for the good? Let the daily tuning of consciousness to a higher wave be a worthy preparation for the Great Transition, when it will be necessary to cross the border of death in full consciousness. As in the big, so in the small: the dream is like death.

18. Diseases

1963-212. People often complain about illness, and yet nothing refines the body like physical suffering. It is possible, of course, to manage without illness and to take the process into one's own hands, but on the condition of an ardent aspiration of spirit and an ardent volitional effort, prolonged and uninterrupted. True, one cannot do without pains, but these will be sacred pains, and their character is different. Have you noticed how much the High Spirits and most of the disciples suffered? The higher the flight, the more suffering, for even suffering and pain must be fierily overcome. The substance produced by suffering in the sheaths is luminous and is a blessing for the sufferer when he is freed from the body. Thus, the meaning of various phenomena from the point of view of the Subtle World acquires a completely different meaning. And heavy karma can turn out to be a bright liberator. Some animals do not get sick throughout their lives and die of old age and without pain. We will not envy them.

1955-462. Disease is the result of a disturbance in the forces of balance that make up the whole, be it the whole organism or any organ taken separately. The balance between the matter that makes up the body and the energy that animates it must be complete. The elements of fire and air are positive, earth and water, negative. The predominance of some element over others upsets the balance and causes illness. The processes of breathing and eating are essentially opposite - one complements the other, one cannot exist without the other. In case of underfunctioning of one of these two processes, it should be strengthened. An overabundance of food and earthly elements causes a morbid lethargy and aging of the body. An overabundance of fiery and airy elements causes nervousness and disintegration of cells for which there is no substitute in the body, because there are not enough dense elements to hold energy elements. Equilibrium is achieved by regulating diet and breathing. The missing component is amplified. A short, very short pranayama is essential. It stimulates the entire body. Negative polarization is permissible only under the guidance of the Teacher, for it requires knowledge. Each emotion polarizes the body accordingly. There are emotions that strengthen and, as it were, renew energy, and there are those that kill it. Prana in the body is regulated by sending will to the affected or diseased place or organ. A thought sent to increase blood circulation causes a rush of blood to the place in which the thought is concentrated.

When concentrating, one must keep in mind the flow of energy or blood that washes the diseased tissues and restores the required polarization of each cell. Consciousness maintains the image of a healthy, normally functioning organ, but by no means its disturbed painful state and appearance. When treating wounded tissues, one should not think about the wound, but about the fact that it is no longer there and that the tissues quickly joined together and the wound has already closed and healed. The matter of the body, which itself has no will, easily obeys a willful command and the cells and vital energy turn into the form created for this purpose by will. When self-healing a simple abscess or tumor, one should not think about an abscess or a tumor, but that they are not there, that the energy of thought sent to the diseased area destroyed them abscess or tumor. It is imperative to create a healthy form or image of a diseased place, tissue, or organ, so that matter and energy have something to merge with and terminate destruction. It is better not to try to do treatment at all than to intensify the disease by condensing the mental image or the form of the disease. We must think of ourselves as always healthy and realize our power and the ability to send life-giving energies to the affected places. All processes in the body directly or indirectly obey will. The hand can be easily raised at will, but it is more difficult to set the intestines in motion, and yet a strong concentration on it quickly evokes a response and the digestion process is intensified. The balance in the body is maintained by will. A person who does not tolerate pain usually overcomes the disease. You just

need to be able to strain and call into action the force of psychic energy. During periods of intense stress caused by various external circumstances, people rarely get sick, for example at the battlefield. Runny noses and colds are rare there despite very unfavorable conditions. Such tensions of energy, overcoming the disease, can be caused artificially and without a battlefield, you just need to force energy in the right direction. Flesh and muscles do not have will, but man has it and muscles obey it. In the same way, all organs obey it. There are pathogenic bacteria in every organism, but in one organism they are inactive, while in another they cause illness. Both conditions are caused by the state of psychic energy. An active, tense, and strong state kills the activity of bacteria, like the rays of the sun, and vice versa. A person who has allowed an infectious disease is guilty of licentiousness and lack of discipline of psychic energy.

The body is protected from diseases like a fortress from an enemy. For this, first of all the balance of the spirit must not be disturbed. Lack of balance causes violation of correct polarization and distribution of energy in the whole organism or individual organs. Just as a reserve is sent to protect a weak area or area threatened by an enemy, so the fiery energy, polarized by will, sends its charge to a place threatened by a disease. The disease must be fought from beginning to end, not for a minute yielding to it. This greatly facilitates the process and helps the body fight disease. Life is struggle in everything. We have to fight for life and health as well. Nothing is given for free. And since health is given from birth, it is necessary to keep it to the end. The material body is pliable and subject to will. Before recovering, one must first want to become healthy if the body has been visited by an illness. Will training to this end is possible under any conditions. Thought pours out into a form created by will. Will creates.

1970-234. Why do some people get sick a lot, while others do not? Everyone is, to some extent, their own healer. With a conscious attitude to the power of your thoughts and the ability to influence your own body, you can avoid many ailments. Baking soda helps maintain an even burning and soothes rebelling centers. Dairy foods are very healthy. Sending thought to a diseased organ in order to increase the pulsation and induce a rush of blood and heat to it renews tissues and helps to restore balance. The first condition is not to succumb to the disease and fight it to the end, that is until recovery. Many fall ill, relying on doctors and medicines, but do not use the resources of their body at all, limply succumbing to the disease, without mobilizing their own psychic energy. Some diseases respond well to self-healing, but others are very persistent. It is good to establish a habit to fight the disease until it recedes. A healthy body, like a fortress, needs protection and defense. Psychic energy and thought can serve as a reliable protection of the health of the body.

1963-407. The victory over the disease can be twofold. The first kind of victory is the expulsion of the disease and recovery. The second victory is the realization that spirit cannot be sick with diseases of the body because it is above them, and no matter how weak the body may be, spirit in it can be very powerful and invincible. Not all diseases and not always are curable at this stage. But the victory of spirit in the first or second form over any disease is achievable.

1959-31. Having determined the nature of a disease, its causes and degree, you can start treatment, remembering that everything is fixable. You know the exceptions: insult to Hierarchy and deliberate betrayal. The roots, that is the causes of the disease, should be removed, keeping in mind that the infection comes from them. One must appear with an open heart to the Teacher of Light and hold fast to the Ray. Recall and reapply all instructions. The Teacher will not reject a hand that asks for help and protection from darkness.

1959-10. When consciousness is concentrated on a diseased organ or part of the body, psychic energy gives an exact order on how the tissue should be healed. The end result in the form of completely healthy tissue is provided, as well as an intense process of ongoing recovery. The energies of the microcosm are concentrated on a given place, where a crystal of acting energy is being laid, which, as it were, pulsates, radiating power. The process can be repeated many times, depending on the severity of the disease. The repetition continues until recovery is attained. The cells and the body as a whole do not have their own will. A volitional impulse for activity can be given to them in any amount, but this activity must be directed along the desired channel, that is towards

the final recovery. The body, as well as hands, feet, the whole organism, and all voluntary and involuntary processes obey spirit. Medicines can be very helpful if supported by psychic energy.

1962-412. When consciousness is concentrated on a diseased organ, the disease disappears since the reserve energies of each cell are called into manifestation. It is interesting to note that it is difficult for consciousness to penetrate the diseased part of the body, that is where the balance is disturbed. It is difficult to get in touch with the subtle consciousness of a diseased organ of the body. But, by overcoming the resistance of chaotic particles, balance can be restored and then the disease goes away. Wounds can be healed in the same way, causing them to heal faster. Psychic energy, when activated, does its job quickly and subtly. Consciousness and psychic energy are closely related. Consciousness can call energy into action. We call this process the wheel of cooperation. But one must be able to manage psychic energy. A sick and unbalanced consciousness can cause illness instead of healing and health, for it transfers its imbalance to the organ or part of the body on which it focuses. Control over thought is necessary at the same time. Healthy, vigorous, strong thoughts and the concentration of consciousness on them will result in a consonant reaction both in the entire body and in the organ on which consciousness is focused. The pre-sent thought will materialize in the form corresponding to it. Therefore, one should not think or talk about diseases. One should think and speak only about health. When a disease enters, it is pushed out of the body by thoughts of health and an appropriate concentration of consciousness on the diseased areas. Neither medicines nor medical help are to be rejected, but on condition of healthy, conscious assistance from consciousness, thought, and will. You can work miracles, and above all on yourself; the miracles can be worked by thought and will using the power of psychic energy.

1958-327. Concentration of thought on any part of the body causes a rush of blood to it, increased pulsation and even, as it were, a slight tingling sensation. This is due to the influx of psychic energy or fire. Thought causes increased activity in the cells of the body, in the part of the body that is the object of concentration of thought. With successful concentration, all consciousness is transferred to the point of concentration and fiery energy is pumped up there. All diseases can be cured in this way if the factor that causes them is eliminated. The cells become luminous, and subtle vision can see how the luminosity of the organ on which the thought is concentrated increases. A thought with a specific order can be sent to any part of the body. Prolonged concentration will strengthen this order, causing a fiery tension. The cells of the body for the most part sleep in ordinary people. They can be called out of hibernation in this way and awakened. And the body will then become luminous and flickering. The whole organism will begin to move and the fiery body can begin to manifest itself if the process of its formation is already taking place. People are to be viewed as fiery beings. Fire can be aroused in every cell, every pore of the body. Some people's hands are hot, others', cold. The reason is the presence or absence of psychic energy. Also, auras are hot or cold, taking away the vital warmth from others who have more of it. Awakened fire is fruitful if will knows how to control it. Being unruly, fire can become destructive and, as it were, tear apart the unlucky bearer of it. One can see in nervous and restless people how they are torn apart by fire which will does not control; such is unused fire, fire that is not subject to the power of spirit. The awakened cells, subject to the balance of the human microcosm, will be a manifest blessing for their owner.

As a commander in whose army there is an iron discipline, a person can command his body, giving it orders that are not subject to discussion or non-fulfillment. The body is obliged to obey the order of spirit; the slave is afraid of the master. The possibilities of power over the body should be realized. They are limitless. But the experiential approach to mastering the body is slow. Nevertheless, the process of mastering must begin. It begins, as always and in everything, from the smallest things. Small successful assertions of power over the body result in big, big and great ones. Not Hatha Yoga, but taking possession of heritage and the assertion of the cosmic right of one's own possessions. Everything is given, but you have to master it. Everyone knows how long it takes to master any musical instrument, or any branch of science, or profession, but people do not want to work on their main profession - mastering fiery energy using the same approach. Everywhere in life you see work, effort, and application in practice. Every outstanding person in his field of activity has at first worked hard before achieving success. But some people think that they can succeed without putting in work.

The awakening of the cells of the body can be carried out every day, rhythmically, devoting a few minutes to this. The very first results can be striking: release of the subtle body, awakened by fire from sleep, can occur in dreams. A high surge of vital energy will be felt, sleep will be reduced. A ten-minute whole-body concentration, starting at the tips of the toes, repeated three times, can replace rest and prolonged sleep. But this is only the beginning. Then the process will go into a rut and the awakening of the cells will go evenly, without causing any special symptoms, but only improving and strengthening health, provided that the balance is steadily maintained. When it is violated, the creative flame turns into a consuming fire. Therefore, the silver bridle of spirit on thoughts and feelings is absolutely necessary. Fiery energy is a two-edged weapon. Self-mastery is a *sine qua non* condition. Concentration on one organ of the body for no particular reason can cause a violation of the general magnetic polarization of the body and lead to illness. Often painful sensations are caused by a disturbance in the flow of fiery currents through the body, and then general concentration helps greatly to restore balance. Sometimes blockages are created that interfere with the flow of currents, that need to be broken through. When the free access of psychic energy to any organ or part of the body stops, this organ becomes ill. Concentration on the chakras is unacceptable without the direct guidance of the Teacher, for a violation of the fiery-energy polarization of the organism can cause very dangerous consequences. When a fiery body is formed, the cells are awakened and saturated with fiery energy; it may even seem that the face becomes luminous and fluid, for the waves of light around the head and body vibrate in a powerful tension. The bearer of Light becomes a manifested vessel that contains fire.

1953-145. Can the subtle body heal its physical counterpart? Yes, it can. Even a simple process of sending a wave of energy to a diseased organ affects the physical body via the subtle one. Is the physical body itself capable of any action at all? Of course, activity manifests through all three bodies successively from top to bottom. The lower ones unquestioningly carry out orders of the higher ones, if consciousness does not interfere. The process is simple. The order is simple. There is no need for prolonged suggestions or concentration, but only a clear and precise order of consciousness, after which any return of consciousness to the given command will be harmful. You cannot shoot an arrow by tying it by the string and pulling the string towards you. The arrow will not fly and will not reach the goal. Or, having planted the grain, dig it out all the time and see if it has begun to sprout. It is necessary to send the order of consciousness accurately and forcefully, knowing that the arrow will reach the goal. Repeated orders are allowed only with rhythmic transmissions, like blows of a hammer driving a nail. Holding the command of consciousness is tantamount to turning off a switch and interfering with the independent action of fiery energy. And so in everything. Not only in the treatment of oneself or other people, but in everything. Psychic energy must be given direction and decree, but it will act independently. This feature of a separate independent action by order is one of its most characteristic properties. A person may have forgotten about it long time ago, but direct results will be there. It is founded on a thought that bears fruit. The magnet of energies is laid by it in the microcosm and its attractive force begins to act. Hence, the fulfillment of desires is a property that attains a special power at the level of an Arhat. Therefore, desire carefully. Often a person finds himself in conditions that were once desirable, but no longer needed or desired now because he has already ascended higher. Therefore, an Arhat rejects desires, for they are temporary and transient, but impose chains of limitation on the steps already passed through, outlived by consciousness. An inadvertently released strong thought of receiving respect from others or of a high position can bring the fruit at the time when an advancing consciousness needs solitude, isolation, and complete avoidance of the arrows of human attention. This results in unnecessary delays and wasted time in neutralizing unfortunate desired conditions. Therefore, I say: "Desire carefully." And, expressing desire, say: "Let the will of the Master be fulfilled." And He knows what needs to be approved and what to be discarded. It is best to embed your will and thought into the Master's will and do His will in complete harmony with it. Prescribing His will in every action will be the correct solution to the issue. For one's own will can be deluded. This is how life is built on the merging of consciousnesses.

1957-114. When influencing the physical body, it is necessary to create a clear, stable, and distinct form, image, picture or representation of what the will desires. You must return to this image rhythmically, in the morning or in the evening. If during the day thoughts about this arise, let these thoughts go harmoniously, but not

contrary to the desired goal or the created mental concept. Thinking about a sick tooth undergoing mental treatment, one must think of it as healthy, even if it is sick, sending there charges of psychic energy. This is correct, matter has no will, and therefore it is possible to influence it. But the matter of the physical body does not easily yield to such an impact, because, first, it is inert, and second, will, divided in itself by doubts, uncertainty, and weakness, acts in full accordance with these qualities and the full effect is hard to achieve. Each person owns his body to one degree or another. Few people have completely mastered the body. Hatha Yoga is the yoga of mastering the physical body. It is harmful because it is one-sided. But when this mastery goes in parallel with the growth of spirit and is a consequence of this growth, the path is legitimate. Of course, the first steps require unprecedented perseverance. Matter does not lend itself well to thought. You can defeat it with rhythm. The destruction of the painful outgrowth on the sole of the foot required more than three weeks of persistent rhythmic effort twice a day. But the success was undeniable, the tumor disappeared, and pain was no longer felt. The same method applies to everything. A lot can be achieved both in terms of health and in gaining power over the body. Mental massage is more beneficial than physical massage, albeit more difficult. The vigor and youthfulness of the body can be maintained longer than usual if, having created a stable mental form of its external expression in your consciousness, you doggedly hold on to it, not allowing the forces of disintegration to carry out their destructive work. The cells of the body and tissues do not have their will. They must submit to the fiery will of man, taking the form ordered by it. Experiments on yourself can go continuously. I know that someday the power over the physical body will be established rather broadly. One's habitual ignorance affirms, "Impossible," but I say: "Now everything is possible."

1962-299. Thought can have a powerful effect on physical bodies and, above all, on the human physical body. But people do not want to see obvious evidence of that and, suffering from their own thoughts, nevertheless deny the subtle reality. Human health often depends on the balance of mental energy. The causes of illness are to be found in the imbalance of thoughts. Every thought triggers a reaction in the body. These reactions go unnoticed, but nevertheless they determine many functions of the body. Thus, it is easy to cause a liver disease by constant irritation or a nervous breakdown by worries and fears. Therefore, the treatment of any imbalance or illness in the body must begin with the establishment of a balance of thought, keeping in mind that the reaction of thought of calmness calms the nerves and the reaction of thought that affirms health will have a healing effect on the entire body. Under no circumstances can one succumb to the thought of illness. The fortress is defended to the end, to the last opportunity, decisively and irrevocably. The thought of succumbing to illness means opening the gates of the fortress to the enemy and allowing the enemy to enter. Many illnesses come from thoughts. When illness, that is imbalance, has penetrated inside, strive to restore balance in the astral and mental sheaths, and physical balance, or health, will come as a result of the ordering of movements in the astral or the mental. Of course, any imbalance, first of all, is imperceptibly thrown by a dark hand. Do not forget about it, while fighting the disease. *Mens sana in corpore sano* [a healthy mind in a healthy body], but also vice versa, because health gives balance to the mind and body.

1960-102. Light pranayama is needed daily to maintain health. The physical body requires a certain amount of care and attention. Every diseased organ needs care. Some care and some heartfelt attention - and the disease leaves it. In case of illness, the diseased organ is to be told how it should behave in the future. Such suggestions and directions are very fruitful. The healthy organ knows its own purpose, but the diseased one forgets about it. The body is afraid of its master and obeys him. You should know it. You should never give up in the face of illness. Spirit always wins in the end. Pranayama pumps lacking energy into the diseased place - and the healing process will not fail to begin. It is also useful to concentrate consciousness on the affected organ in order to induce a rush of blood and a feeling of warmth and pulsation in it. The matter of the body is passive and willingly accepts the command of will for execution. Healthy, strong people who have never been sick before, in case of illness usually become completely helpless and succumb to the disease, being lost in its face. We must fight to the end, not for a moment succumbing to illness and knowing that spirit is stronger than the body. And when breathing, you can, as it were, push the disease out of the body. Psychic energy is a universal panacea for all diseases. In the subconscious, one should constantly keep the ongoing process of recovery, not illness, but

precisely healing and improvement. Medicines are auxiliary means, the main remedy being fiery energy, Agni. You can polarize the body positively or negatively, depending on the disease, but to be sure, after ordinary pranayama you can give yourself the minus one, two or three times a day. All processes in the laboratory of the human body can be subordinated to will. Thoughts influence greatly. Illnesses are often caused by a harmful direction of thought, anxiety, grief, the influences of others, sick people who are nearby, and so on. The impact of the environment is often devastating. One should be able to neutralize these influences.

1960-136. The breath of many plants and trees, especially conifers, is fragrant, vital, and beneficial - these ozonizers of life are alive and constantly acting. In combination with other radiations, breathing has a great power. Breathing can transmit diseases as well as health. You can breathe on a diseased organ and heal it, or vice versa - cause illness in a healthy one. Breathing on a person with a certain thought, it is possible to influence him or her for good or for evil. Coexistence or living of people in one room is fraught with many unexpected but inevitable consequences, for the very air of the room will be the carrier and transmitter of their good or evil qualities, their health or illnesses. One could defend oneself if one knew and understood where the danger comes from, but many do not even suspect its existence. Medicine recognizes the possibility of transmitting the so-called contagious diseases through breathing, but knows only about that, not taking into account the fact that person's breathing infects another one even with his mood. You can defend yourself if you know the degree and level of the danger. The enemy can be defeated only by knowing its strength. Breathing in an infected room is not helpful. Open windows provide a thorough ventilation of the room. The air of hospitals, where there was a lot of suffering, is murderous; ozonizers and sun rays are needed. Natural ozonizers like conifers are best. The discipline of thought eliminates self-poisoning. Changing place of residence and staying in the midst of nature can work wonders.

You should be very careful about what kind of people you have to breathe the same air with. Interaction cannot be avoided. A sort of psychic space suit worn constantly can serve as protection. It will also be useful when breathing in the morning to throw out someone else's infection or disease from the body and thereby create mental immunity. Mental protection will also be physical protection. Often the cause and root of the disease should be sought in the contact with unhealthy people who transmit their infirmities through breathing. If the reason is understood, it is easy to be protected. It is impossible to protect oneself from an unknown enemy, but an exposed enemy is no longer so dangerous, for it is possible to take self-defense measures against it. Mint and eucalyptus are powerful cleaners, as well as resin of coniferous trees and coniferous roots, first-class turpentine, pine or fir oil. It is better to sit further away from the interlocutor so that the breath does not reach you.

1963-265. Of course, everything is in spirit. The state of constant advancement in spirit becomes a trait of consciousness. You can always move, that is expand your consciousness and learn. You can always exercise your will over your sheaths, all of them in general and the physical body in particular. You can observe in different people how different their power over the body is. One constantly controls the body and he is the master of it, while the other, a slave. The power of spirit over the body is manifested especially in weakness and disease. An Arhat is the master of his body, the body is his obedient servant. This power has been affirmed for centuries. In everything, in all the little things in ordinary life, you can exercise your mastery over body. This is not Hatha Yoga which prevents spiritual development, but the conscious establishment of the power of the spirit and its priority over all functions and states of the body.

Not a single illness, not a single ailment, not a single disorder or imbalance can be succumbed to without making every effort to restore balance by will. The first factor in restoring balance is thought. In this case, one should distinguish suggestions from the creative power of imagination. Infectious diseases do not lend themselves to suggestion, but the power of creative thought knows no limits. It would seem that this is one and the same, for thought is acting here and there, but this similarity is merely apparent. Psychic energy, creating fire, causing the vital energy of the organism to manifest, acts powerfully, without knowing the limitations. Suggestion is only a kind of limited sphere of activity of the power of the creative imagination of spirit.

Ray healing belongs to this area of the spirit's limitless possibilities. To begin with, we note that there are seven main rays and five additional ones. For example, we can say that the blue ray lowers the body temperature, and that surrounding oneself with blue light extinguishes all sorts of abnormal, increased thermal processes and

inflammation in the body. Ray therapy is the science of the future. Color therapy is still used now, albeit a little, but here we mean the effect of colored rays of psychic energy on the body and a change in the color radiation of the aura. When the aura images are accepted by the mainstream science, the door to this area will be open. In the meantime, we will have to limit ourselves to the statement that each disease causes a violation of the color gamut of the aura, introducing smoky, dark, gray, brown or dirty reddish shades or spots into it. Replacing such radiation in the affected organ or throughout the body with light, clean or thick (but also of pure shade) radiation suppresses the focus of the disease at its root. The like is strengthened by the like and neutralized by the opposite. But the color of the ray, whatever it may be, must be pure. A healthy aura is characterized by the purity of color emanations. The art and skill of using ray therapy is developed through long life experience and constant practice. Even mental phenomena can be treated in this way - for example, despondency, anxiety, fear, and all other unhealthy human emotions, each of which is accompanied by a color radiation that is characteristic of the given feeling. The field of radiation therapy is very extensive and it takes a lot of effort to cover it. Let all that has been said serve as a starting point for those thinkers who want to delve into this subject.

1957-399. One who is in someone's power or under the power of something cannot rule. The lord of his power is he who has affirmed the balance of spirit. The Teacher speaks not about power over people, but about power over oneself and phenomena. This power means domination over the energies of the star rays and exposure to their will. The stars influence, but do not rule people. The Teacher leads to victory over stellar influences. Their strength has been defeated more than once. Victory over oneself gives victory over them. Therefore, it is good to think that even now you can subordinate yourself to your will in your microcosm. Everything, all processes, everything that happens inside is subject to the subordination and control of will. Matter does not have its own will, but man has it, and the flow of matter of different orders and planes through human vehicles can be subordinated to the power of will.

I am talking about the affirmation of will. Fighting disease, physical weakness, old age, decrepitude, fatigue, fighting to the end, to victory, leads to the assertion of will. Every disease is disharmony. Chaos is conquered by will. Disharmony, or inconsistency in the physical, astral or mental sheath will be overcome. And each victory over them is an affirmation of will and power over them. Curbing of arbitrariness and chaos in the sheaths that clothe the spirit gives joy. They are self-willed by the will that man himself put into them. They don't have their own will. A person gave it, so he can also take it back. The main thing is to understand that the matter of the sheaths itself is devoid of will. Will is a fiery attribute of spirit. Matter is inert, but it has the ability to be induced to move by will. And when you meet the resistance of matter, it happens either because it is inherently inert or because the energy of will has already been invested into it by the man himself due to his, perhaps, thoughtless and erroneous actions. If a person has accustomed himself to sleep until noon, then rising at dawn will require an effort of will. Habits are a manifestation of crystallized will, to be overcome with the tension of the same will, but of greater intensity. Even ingrained painful phenomena in the body can be healed by will, subjecting the matter of the diseased tissue to the order of will, for matter itself does not have its own will and the disease-causing process proceeds by itself. The objection may follow that some of the diseases are caused by infectious bacteria. But why, then, does not everyone get infected and get sick, although these bacteria are everywhere in the air, in food, in the intestines and on the human mucous membranes? Immunity is in spirit, it holds the power of crystallized will.

I am talking about an Arhat, who has established authority over his body. Many Arhats were sick. There are sacred pains, but have you ever heard that the Savior was sick? There is a degree of power over the body when the disease goes away. Strive for this, affirming the power of will over your body on small things. Conquer, at least in small things at first, the sensations of pain, fatigue, malaise, cold, hunger and other purely physical sensations. Conquer movements in the astral, its emotions and feelings, and command the thought, thinking about what pleases will rather than being guided by random, empty and unnecessary thoughts. How can you waste time on them, when there is still so much to do and every moment is precious? How can you sit back, when the body constantly needs care to increase the tone of life in one or another part, organ, place, or when sensations, emotions, thoughts should be replaced with lighter and more life-giving ones? How fascinating and endlessly joyful is the work on oneself, on one's microcosm!

Let each painful sensation immediately evoke an impulse to fight it and set will to action. Let the first, perhaps unsuccessful, attempt be followed by the second, third, hundredth, and so on endlessly until victory is achieved, for the immortal spirit cannot but conquer the eternal temporality of current material combinations that have no fiery will. You can conquer everything if the awareness of your power is allowed. Often the disease raises its head and persists in direct correspondence with the inability and unwillingness to fight it. Disease, disharmony, and chaos are enemies. We must fight them by will powerfully straining it. Implant the crystals of psychic energy into affected tissues. Let the fires burn and blaze in them and saturate the diseased cells with the fire of life, healing some cells and throwing away the dead ones from the body. Fight with the fire of will. In case of apparent failure, generate a new, stronger, straining of will. Know and believe that it is possible, for everything is possible now. Now is the time of fire, the Age of Fire is coming. It will be given to you by your faith and knowledge, so that it becomes faith-knowledge. Apply the given instructions vigorously and you will find strength. And your will will become powerful. Will, like a muscle, needs constant exercise, but it atrophies in inaction. If something has not yet succeeded, it means that the will power was insufficient. It is almost impossible to fight sacred pains, for they are caused by the birth of fires in the body. We are talking about common diseases; they can be cured by will; medicines and other ordinary cures can be added to will. Will will strengthen their action. Ultimately, psychic energy, set in motion by will, acts. By will, heal inconsistency and disharmony in all sheaths and, above all, in the astral one. He conquers everything who will be able to conquer himself. There is no such obstacle that the will of a person who has realized his power could not overcome.

19. Other Topics

1960-284. The formula "Dare, child" is a guarantee that every daring, striving and heartfelt desire of a spiritual nature will be satisfied and saturated according to its strength, and therefore it is good to outline in advance exactly what the spirit wants, what it will look for in the Supermundane, and what to strive for. All dark aspirations and everything connected with them falls off in the Supermundane due to the impossibility of their satisfaction. Hence the field of one's activity should be delineated carefully. The disciple asks himself the question: "What will I do there?" What do you think to do there, my friend? Thought sent in this direction has already been magnetically enriched in response and the response is available. Write down the answers to the thought.

1. Everything that was created by humans on Earth is imprinted in the Subtle World. Therefore, it is possible to contemplate there all works of art, both collected in museums and galleries and outside them. Therefore, the opportunity to contemplate beauty is open.

2. The area of music is also accessible, but even more so. Many composers record what they have heard from space. There you can listen, hear, and create magnificent symphonies of sounds on your own without the help of physical instruments. There one can learn and draw from the cosmic treasury according to the capacity and striving of consciousness. You can create both musical works and paintings, but without using the customary brushes and paints, create from the same material from which the image of a blooming rose in the third eye of a person is created when he wants it. Only there the images produced by creative imagination can be seen immediately, as distinctly and clearly as we see earthly ones. Dancing is available there too, but beyond the limitations of the body. The dances there are airy and consist of flights of the subtle body, manifested in rhythm and fusion of movements with sounds.

3. One can study the psychotechnics of thought, emotions and feelings, their impact on the subtle body, their color, shape, movement - in a word, all the complex equipment of the human being, freed from the body. Mental creativity, its impact on people, creation of forms and images. Magic, vows, suggestion, enchanted places, the reality of fairy tales, exposure to the charms of the astral plane. Study of the structure of the Subtle World and various states of its matter. The elemental realm. Physiology of the subtle body. On what was based the magic rejected by the Teaching. The study of the globe: the near-physical surface, the thin structure, and higher. Visiting all corners of the globe. Plunging into its past history and ancient geological periods. The history of mankind and its study from the Akasha scrolls.

4. Striving to study space outside the aura of Earth. The far-off worlds. Life on them. Communication and contact with those with whom spirit on Earth was somehow connected or linked.

5. Help to those who need it or know nothing, having passed into the Subtle World, about life in it but do not deny it. Conversations, teachings, explanations to those who are on lower levels of consciousness and receiving from those who are higher.

6. Contacts with the Hierarchy along the chain of communication.

7. Chambers of knowledge, and the ability to draw knowledge along the lines of aspiration planned during life on Earth.

This is how the preparedness of consciousness for the transition to another world is created, when a person will no longer ask what awaits him and what he will do there. Many, like scarecrows, roam senselessly and thoughtlessly there without any purpose. The goal must be realized and affirmed here. Doing it there would be

too late. Dare. Only the one who dares, strives, and knows what he wants will receive. Even demand, knock, seek, and it will be given to you, it will be opened and provided by the power of the law.

1954-19. Refinement lies in the fact that consciousness learns to perceive the hidden properties of things and phenomena. The flower is not limited by its shape. Its smell is already an invisible property. Radiation as well. The combination of elements constituting the flower is also invisible on the surface. The medicinal properties of some plants are known, but few know their occult properties. So, the properties of phenomena are similar to a floating iceberg the larger part of which is hidden under the sea surface. The secrets of metals, as well as the secrets of plants, will be the subject of future science. Its foundations are hidden in the periodic scale of the system of elements with seven basic and five additional elements in each period. Color, taste, smell, weight, vibration frequency, or the number of heartbeats of each atom, that is the number of its beats per second, are the basis for the difference in their properties. These same features but reinforced by layers deposited on grain shells of plants and their peculiarities and, most importantly, radiation, add up to the unique mix of its qualities.

Plants, like all living things, differ in their elements, belonging mainly to one of the four. A rose or a cedar are representative of the fire element, while a fern or an aspen obviously do not belong to it. Chemical elements, people and animals are distributed according to the elements. And by their belonging to this or that element, they correspond to each other, containing in their structure similar elements. Usually, diseases are caused by an imbalance in the elemental matter, and an appropriate plant or mineral replenishes its deficiency. It follows from this that it is extremely important to know the occult or hidden properties of minerals and plants.

The cycle of the year has two equinox points and two poles - winter and summer. Likewise, the period of chemical elements has two special groups: the fourth, transitional one, and a group of neutral gases, corresponding in the cycle or period of the year to the points of the spring and autumn equinoxes; and poles, that is elements with the strongest metallic properties. It is not immediately clear what is common between the periods of the year and the periods of chemical elements. But the law of correspondence is clearly expressed in them. If you take a spreading tree, whose branches are inclined to the ground, and imagine its roots with kind of crown extending into the ground and branching down there, and compare with the lines of magnetic forces of an ordinary steel plate of a magnet, clearly visible on paper covered with iron filings, placed above it, then it will be clearly noticeable that the roots and foliage too, like iron filings, are located along the lines of invisible "magnetic" forces, or aura of the tree. For an atom is a magnet, a plant is a magnet, a man is a magnet, the magnetic properties of which become more complicated and branched as life ascends through the stages of development of forms.

But each form of manifestation of the spirit-monad, in whatever kingdom of nature it manifests itself, is a magnet surrounded by the magnetic field of its radiations, or an aura, that is by the lines of magnetic forces. The lines of magnetic forces, or the aura of the magnet, can be clearly visible when experimenting with iron filings. But it can be photographed under special conditions. The aura of plants, animals and humans can be caught in the smell that surrounds them like a sphere. The radiation from the plants has already been photographed. Experiments with images of human radiation are already being carried out. The mystery of the magnet and the laws of correspondence will allow an open-minded approach to these phenomena. Having established the magnetic base common to all forms and their unity, one can gradually move on to the analysis of which of the four indicated points of the period, or the circle of phenomena, or the circle of the aura of the form is predominant. There are four points in every phenomenon, as in the period of the year. Fiery properties predominate in metals, as well as in a rose; consequently, their radiations have in themselves predominantly fiery elements. The division of existing forms of life, organic and inorganic, according to the elements will be the basis of a new science. The predominance of this or that element in a given form of matter will be determined by the colors of the radiation, or by the aura, by devices similar in principle to modern spectrometers, but more complex. Photodiagnosis will be a new method for identifying diseases. Each atom has a spectrum of a specific color. It is impossible to separate matter from its color expression, for color is an aspect of the existence of the material world from top to bottom in all phases of its expression.

1971-383. Creative imagination is one of the greatest attributes of spirit. To one degree or another, all people possess it. It is especially strongly developed among writers, artists, poets, and creative workers. True

creativity usually does not follow the beaten path, it creates its own path. The chain of cause and effect moves into the future in the direction previously adopted. And only creative imagination can change this direction and establish new causes that give rise to new consequences, regardless of the old ones. From a well-worn or beaten track, it can turn and pave its own, a completely new one. All Messengers of Light were such innovators. They gave humanity new paths, new opportunities, new positions or starting points for thinking. This novelty usually fit into the formula "I give you a new commandment." Without violating the Fundamentals and Cosmic Laws, They brought to people a "New Commandment", but as a new aspect of the Cosmic Truth, corresponding to the stage of evolution reached by humanity or the people who were given a new Teaching of Life. Being aware of Infinity with its richness and diversity, one cannot limit its understanding based on the present day. Consciousness should be open and ready to perceive a new approach and accept new angles of view on the surrounding world. Its laws are invariable, but their understanding depends on the stage of development of the consciousness that comprehends them. But only the freedom of the luminous imagination allows one to create the "New Heaven and New Earth". The old world follows the well-trodden paths of blood, violence, war, cruelty, and misanthropy. The New World creates new ways and helps to create new imagination. An ordinary person submits to a dense necessity, considering it inevitable. But the one who is armed with the power of creative imagination rises in spirit above it and creates his future regardless of dense conditions, conquering them with the fiery power of imagination. Fighting dense conditions, trying to crush them outwardly, is tantamount to fighting windmills, but, conquering and overcoming oneself, the victor sets the fiery levers of psychic energy in motion and uses the power of creative imagination to create powerfully. It has long been said: He conquers all who will be able to conquer himself. Insight into the luminous future destined for humanity is accomplished with the help of the fiery power of imagination, and it will be achieved by its power. Victory is achieved by the power of spirit, but this power is inspired and pumped up by creative imagination.

1963-330. The Higher World in all of its aspects is expressed by Beauty. And people are brought closer to it through Beauty. Its fragments can be seen and observed in the earthly world and in the worlds in between, but not in the lower layers of the astral plane, where everything bears the stamp of ugliness. Beauty and ugliness are antipodes, like a strip of Light and darkness; the beautiful is the path to the Light. Salvation through Beauty. It can be seen often in nature. Meadows, forests, rivers, lakes, mountains, seas, snow - everything is beautiful. Flowers, herbs, especially flowers, are the Face of Beauty. Art serves beauty. "You have Light through art." The servant of the beautiful is the servant of the Light. Crumbs of Beauty can be collected in everyday life. One can strive to surround oneself with Beauty. Wealth and luxury are not Beauty. The life of the New World will be built by Beauty until it enters into all aspects of life. If the absence of Beauty is the absence of Light, then one can imagine how much it needs affirmation in life. Modern clothing is far from Beauty. The predominance of dark and gray tones creates dissonances. In nature, autumn and spring colors are different: autumn colors are the colors of death and withering, spring colors signify rebirth and life. Colors and shades of clothing can be taken from nature. And not only for clothes, but also for all everyday life, all life, everything that surrounds people. Gloomy, gray, dark stone-box houses must completely leave the stage. Beauty will enter life, into all of its spheres, and then life will become different. The beauty of thoughts, feelings and emotions is especially luminous. It builds life, and it will build relationships between people. There will be time when there will be no dirt, no smoke, no litter in the spacious, clean, and light premises of the transformed factories, decorated with flowers and works of art. Everything will be marked with the seal of Beauty, and above all people, and not so much externally as internally. With inner Beauty, the outer one will also come in due time. After all, even health is nothing more than balance or harmony, that is the beauty of the body. And you don't have to be handsome to be attractive and illuminated with inner Beauty. The future is fanned with Beauty, for it will be built on the basis of the Beautiful.

1968-211. We talk about Beauty because ugliness will be its antipode. The higher strata of the Subtle World are saturated with Beauty and its images. The lower ones, on the contrary, are replete with ugly and repulsive images. Service to the Beautiful creates around a person corresponding mental formations and the magnetic attraction to the spheres of space consonant with them. Evil as such is ugly, and evil thinking disfigures with its forms the spheres in which it manifests itself. Outwardly, lies and hypocrisy may be accompanied by a

fake smile, but their subtle images will be very unattractive. Their creator will be in their environment when he enters the world of these formations. Serving the beautiful is beneficial for the servant himself, for it connects him with the Light. We want to teach people to remove all disgrace from life: in thoughts, in feelings, in deeds and actions, and in what they create with their own hands. We want Beauty to become the guiding principle of life. We want the relationship between people to become beautiful too. Are violence, murder, crime, and vices commensurate with Beauty? But the heroic feat can be wonderful. The beauty of spirit will be the highest achievement of man. At the stage of completion, the beauty of spirit is combined with the beauty of body. Both dense and subtle forms become truly beautiful. On the high planets, people are very beautiful, their surroundings are beautiful too: dwellings, clothes, household items. All this corresponds to the level of beauty of spirit. Beauty there is an expression of the essence of man. And there are no diseases there that torment and disfigure body. It is difficult to imagine what changes will take place on Earth when people strive to affirm Beauty in life. Inhabitants of urban slums, surrounded by ugliness, filth, and stench, are a shame on the conscience of those who allow such phenomena. Everyone who lives in better conditions is responsible for them. The time is coming for the need to transform the ugly conditions of earthly life.

1966-147. The special meaning of travel is that the aura breaks away from the habitual place. It is difficult even to imagine how much it sticks to a permanent environment. The same pictures around firmly grow into consciousness and crystallize into dense formations. They are stronger than prison walls, for liberation from the body does not at all mean liberation from them. But every movement on the face of Earth destroys them and attachment to them. Wanderers are free from this connection; moreover, they usually have nothing, except perhaps what is on themselves. In addition, travel acquaints with the diversity of the world and people, with the habits, characteristics, and customs of peoples. The planet is our home. You need to know it. The more travels, the freer consciousness. But not always a person has the opportunity to travel. Then the external movement can be replaced by a mental one. Mental flight and movement on Earth are also useful. Ascetics-yogis in caves in distant mountains do not travel - and nevertheless they are free in their movements around the planet. The main thing is not to consider any place of residence permanent. Everything is changeable: body, house, people, and conditions. So you should look at everything as an accidental feature of a short overnight stay or fleeting road impressions. In a carriage, on a steamer, an airplane or in a car, a person is well aware of the brevity of his stay in them, without losing his individuality. In the same way, the consciousness is tuned in to everything that surrounds it. For a man on the planet is only a traveler, a traveler of the Great Path.

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